

Sam Houston State University: Baseball

Coach Matt Deggs

Date: October 5, 2015

Team Workshop:

- Introduction to EQ
- Mental5 (Chatter regulation)

Player: ESi Profile (1x)

Coaches: EQ Overview

Surveys: #36



Feedback & Assessment

Date: 10/5/15

General (Optional):

Name: JACOB VASQUEZ

Contact #: _____

Position: INF/PYrs. In School: Fr. in College.

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
Yes. I can use this in baseball and in everyday life. I can use this to eliminate the chatter going on before a play is about to happen. I can use the most, excited, fear exercise everyday.
- What information stands out the most – made the biggest impact on today?
The fact that you can have so many different thoughts coming in at you at once, and the fact that you have to just focus on one task at hand.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, this will help coaches teach their team how to live in the moment, as well as the athletes living in the moment.
- What is one action item you will take away from today's training?
To feed the positive work filled with all the skill frameworks and the mental S.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
He really knew the information well, and was set at a great pace. He seemed like he had been doing it for a while.

Please feel free to use the backside of this sheet for additional space

Feedback & Assessment

Date: _____

General (Optional):

Name: Lane Fritz

Contact #: _____

Position: PitcherYrs. In School: 2

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, it opened my eyes to mental conditioning, and taught me how to focus.
- What information stands out the most – made the biggest impact on today?
The chatter and how to focus it
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
yes, few people know much about mental conditioning.
- What is one action item you will take away from today's training?
The 3 digit code
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
He was kind of all over the place, alot of info

Please feel free to use the backside of this sheet for additional space

Feedback & Assessment

Date: 10-5-15

General (Optional):

Name: ZACH SMITH Contact #: _____Position: UTILITY Yrs. In School: 11

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, visual aids
- What information stands out the most – made the biggest impact on today?
How we can block negative thoughts
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
yes, New Info I didn't know
- What is one action item you will take away from today's training?
The visualization of me succeeding
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Good, video & explanation

Please feel free to use the backside of this sheet for additional space

Feedback & Assessment

Date: _____

General (Optional):

Name: Hyrell Miller

Contact #: _____

Position: PYrs. In School: Freshman

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)
yes, being aware of what is actually happening is beneficial and can increase my performance if I put it to use.
- What information stands out the most – made the biggest impact on today?
What chatter is and how to control it
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
everyone can benefit if they fully apply it to their lives.
- What is one action item you will take away from today's training?
most exite fear - it helps organize what is going on helps me understand
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
thought ideas were spaced out, but the info was interesting and kept me on track.

Please feel free to use the backside of this sheet for additional space

Feedback & Assessment

Date: 10/5/15

General (Optional):

Name: Riley Gossett Contact #: _____Position: Pitcher Yrs. In School: 1

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes, when I am facing a hard time while pitching

I can take control of my body

- What information stands out the most – made the biggest impact on today?

That I am able to calm myself down and

not let my emotional state take over

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

yes, I believe that it can benefit a team

in being able to contribute your ~~your~~ own skill set

- What is one action item you will take away from today's training?

Being able to control my breathing

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

he did an exceptional job at inspiring me

and was able to capture my attention the whole time

Please feel free to use the backside of this sheet for additional space

Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Riley McKnight

Contact #: _____

Position: Baseball Team 2nd BaseYrs. In School: 1

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

Content & Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

• Yes I can use the information not only in my personal life but together with the team especially.

- What information stands out the most – made the biggest impact on today?

• What made the biggest impact today was learning and understanding Emotional Intelligence: self awareness and Regulation skills.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain) • Yes

• Because it teaches you how to be smart about emotions and teaches you how to regulate "emotional hijack"

- What is one action item you will take away from today's training?

• Self-Regulation

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

• He did a very good job delivering the information and really made it easy to understand what the message was.

Please feel free to use the backside of this sheet for additional space