

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: Joshua Biles Contact #: _____Position: Out Field Yrs. In School: Freshman @ SHSUYes, 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)

The information given to me was very useful & beneficial.
~~They~~ The instructor gave good source and was reasonable, understanding and explained it ~~completely~~ thoroughly.

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

~~Athlete~~ anxiety is the #1 reason for failure for athletes.
 Performance
 you need to use your brain & focus under pressure.

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

yes, its very vital to control ones' emotions. One has to control the emotional brain to effect the thinking brain. Like the instructor said there will always be "chatter".

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

How to slow down the - game and perform at a high level. Feed the positive dog filled w/ confidence. ~~Empowerment~~

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

He made sure it was explained properly & thoroughly.

Took his time for everyone to comprehend & take in & write down the knowledge

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

Feedback & Assessment

Date: 10-6-15

General (Optional):

Name: Nate Vandyke Contact #: _____Position: Second base Yrs. In School: 2 SophYes, 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. The information I recieved will help me keep the chatter out of my mind

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

The biggest information I recieved was the fact of knowing that the brain does more work than you would think

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

Yes everybody could benefit to that. Not many know the benefits of having a strong brain.

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

Keep the chatter out

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

Very good pace and material.

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

Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Hayden Nixon Contact #: _____Position: Pitcher Yrs. In School: SeniorYes, 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 helped me realize that the brain has a lot to do with your performance

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

Mental 5

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

Yes, They will be a better athlete and coach

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

emotional awareness

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

I thought he presented it at a good pace and very precise

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

Feedback & Assessment

Date: 10/05/15

General (Optional):

Name: Walker Davis Contact #: _____Position: Out field Yrs. In School: _____

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 gave me a different look at my own thoughts
- What information stands out the most – made the biggest impact on today?
how to sort good from bad thoughts
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes helps people who get super nervous or stressed in the athletic environment
- What is one action item you will take away from today's training?
Breathe
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Great!!

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Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Miles Manning Contact #: _____Position: Infield Yrs. In School: 3

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 learned all the little things that go into getting your "mind right" so that I can perform at my best.
- What information stands out the most – made the biggest impact on today?
understanding how to reverse all the negative "chatter" that goes on during a game of baseball since we fail so much.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, I think every one benefits from reducing negative thoughts in anything, not just sports.
- What is one action item you will take away from today's training?
Concentration is the biggest one for me.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
I thought the energy made it easy to pay attention, sometimes I couldn't keep up. I thought he moved to quickly in some parts, but not all.

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

Feedback & Assessment

Date: 10/5/15

General (Optional):

Name: Heath Donica Contact #: _____Position: Pitcher Yrs. In School: 4Yes, 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)
Definitely, it will help to make "big moments" just another part of the routine
- What information stands out the most – made the biggest impact on today?,
how much the brain actually affects athletes performance
- control & the "center"
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, this is beneficial for every sport
- What is one action item you will take away from today's training?
Controlling thoughts / breathing in big moments
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
9 out of 10

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

Feedback & Assessment

Date: 10/8/15

General (Optional):

Name: Ty Ewart Contact #: _____Position: pitcher Yrs. In School: 9thYes, 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 learned more about the chatter in my head and how my brain can be beautiful to me, but it can also hurt me.
- What information stands out the most – made the biggest impact on today?
Feed the positive wolf!
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes, ~~every~~ every player and coach needs this mental training because it affects us every day.
- What is one action item you will take away from today's training?
remembering the most excite fear.
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
He did really good but it was a lot of information to ~~obtain~~.

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

Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Evian Benjamin Contact #: _____Position: OF Yrs. In School: 1Yes, 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 helps me, not only in my sports, but in life as it helps to be aware of what is going on around you and to focus
- What information stands out the most – made the biggest impact on today?
The mental part of the game accounts for 50% of your performance
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)
Yes because he talks about things that are relevant to sports and athletic training
- What is one action item you will take away from today's training?
My 3 digit code
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)
Good pace, Good material, Overall A+ performance

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

Feedback & Assessment

Date: 10/6/15

General (Optional):

Name: Barrett Koerselman Contact #: _____Position: DF / C Yrs. In School: 1 / FrYes, 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, you definitely can because in a crunch situation you will be prepared for success.

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

The biggest impact for me was the performance anxiety topic.

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

Yes they can because this training gives athletes & coaches an edge that some do not have.

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

Learning about the skills-framework.

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

His pace was sometimes fast but for the most part I liked the speech/training & material.

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