

# 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 &amp; Assessment

Date: 10-5-15

## General (Optional):

Name: Hunter Hearn Contact #: \_\_\_\_\_Position: Catcher Yrs. In School: FrYes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

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

Absolutely, I felt more confident after coming out of our sessions and will definitely use the methods and techniques you introduced.

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

I like how you ~~gave~~ gave us the idea of imagining the task at hand before we do it. I think it was the Sherlock Holmes example. This is most relevant to me.

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

I feel like any athlete could benefit from this because there is failure in every sport and all athletes need to learn to deal with it. Especially baseball players.

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

I would like to try and channel the "chatter" to make it ~~be~~ beneficial. I am going to try the video-step strategy tomorrow at practice.

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

I never felt ~~was~~ bored or tired during the presentation. I thought all the examples you used were great. I like the integration of the video clips.

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

## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Jordan Cannon Contact #: \_\_\_\_\_Position: Catcher Yrs. In School: Fr.Yes, please contact regarding:  Personal EQ Coaching  More EQ4 Athletes Training

## Content &amp; Presentation:

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

Yes, I can use the information from today in real world situations, like tests and baseball,

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

The ability to take in massive amounts of info at one time and separate them out to understand each, this will help me greatly.

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

Yes, this information will help other coaches and athletes during their sporting event, to play in the moment and block out the pressure.

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

The ability to slow down the big moment and "sink to my training" and focus on the task at hand and block out all of the distractions.

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

The presenter knew his information well, it was very fast paced, but the presenter knew exactly what he was talking about.

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

## Feedback &amp; Assessment

Date: 10/5/15

## General (Optional):

Name: Code Brown Contact #: \_\_\_\_\_Position: RHP Yrs. In School: 4Yes, please contact regarding:  Personal EQ Coaching  More EQ4 Athletes Training

## Content &amp; Presentation:

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

Yes, If I can learn to use this info right my skill level will heightend tremendously.

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

- The mental five, Once I am able to learn the art and skills of Chatter regulation I will <sup>Grow</sup> more ~~as~~ as a Player

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

- All athletes can benefit from this training if they practice and really work at it,

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

- Learn to block out all of the Chatter so I can be an elite Player on the field.

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

- I Thought he was very active and into what he was saying.  
- He was very vocal and the way he spoke kept me interested

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

## Feedback &amp; Assessment

Date: ~~10/5/15~~ 10/5/15

## General (Optional):

Name: Seth Bellow Contact #: \_\_\_\_\_Position: LHP Yrs. In School: 3

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

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
Yes definitely it will help me channel my focus into the task at hand & eliminate outside distractions.
- What information stands out the most – made the biggest impact on today?  
Performance anxiety is the #1 reason for failure.
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)  
Yes anybody can benefit even in life.
- 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 was awesome, loved his energy & enthusiasm. He used great examples as well.

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

## Feedback &amp; Assessment

Date: 10/5/15

## General (Optional):

Name: Andrew Fregia Contact #: \_\_\_\_\_Position: SS Yrs. In School: 1

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

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
yes, it taught me how to stay focused; And not to think about chatter, Just Replace it everytime it pops up.
- What information stands out the most – made the biggest impact on today?  
To Become aware of the chatter and get rid of the trash
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)  
yes, they can use it to think about the good things and to get rid of the chatter.
- What is one action item you will take away from today's training?  
To Keep my sights set on my goal and not to let my mind wander
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
Very fast, but got the major points across

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

## Feedback &amp; Assessment

Date: 10-6-15

## General (Optional):

Name: Sam Odom Contact #: \_\_\_\_\_Position: Pitcher Yrs. In School: JrYes, please contact regarding:  Personal EQ Coaching  More EQ4 Athletes Training

## Content &amp; Presentation:

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

Yes I could use the information presented because the chatter in your brain as I've learned is negative but learning to replace it and control it helps alot.

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

The information that stands out the most is the ability to not block at this negative chatter but to replace it with positive stuff is key.

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

Yes everybody can benefit from this whether they have a hijack on the mound or at the plate or a coach has one in a pressure decision making time.

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

To be aware of having a hijack and then knowing how to recover from one by having your set of organized power words to cool yourself & back down to compete at your personal best

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

He was great he talked slow enough to let you understand it but moved fast enough to get it all in. And the material was great there were clips that went exactly along with what we talked about

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

## Feedback &amp; Assessment

Date: 10-5-15

## General (Optional):

Name: Robie Rojas Contact #: \_\_\_\_\_Position: catcher Yrs. In School: JrYes, please contact regarding:  Personal EQ Coaching  More EQ4 Athletes Training

## Content &amp; Presentation:

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

Yes, it ~~was~~ taught me ~~that~~ that I must control my mind in order to be at my best.

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

To be my best my mind and body must be one.

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

yes, If you want to be the best in the country or an elite athlete you must know how to control your mind & this teaches you that.

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

The most exact Fear. You must know what is going on up ~~in~~ in your head.

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

He did a very great job. His detail into what he was talking about was great. He made you understand the message he was getting across.

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



## Feedback &amp; Assessment

Date: 10-6-15

## General (Optional):

Name: AUSTIN WAYT Contact #: \_\_\_\_\_Position: Pitcher (RHP) Yrs. In School: 1Yes, please contact regarding:  Personal EQ Coaching  More EQ4 Athletes Training

## Content &amp; Presentation:

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

yes, it help me realize how much the brain can effect your game play.

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

I learned how to slow the game down to help my game.

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

yes they benefit, learning how to control their emotions and block out the "chatter"

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

MOST EXCITE FEAR

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

his pace was at a good tempo, and kept the listeners locked in at all times, with very specific material.

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

## Feedback &amp; Assessment

Date: 10-5-15

## General (Optional):

Name: Clayton Harp Contact #: \_\_\_\_\_Position: Outfield Yrs. In School: Freshman

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

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)  
*Yes, I feel like I will be able to slow the game down and focus better.*
- What information stands out the most – made the biggest impact on today?  
*Being able to control the chatter. I feel like if I can better control that <sup>at</sup> high pressure times then it will make me a better athlete.*
- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)  
*Yes, I feel like this applies to all athletes and coaches because they should all know the mental parts to the game.*
- What is one action item you will take away from today's training?  
*Focusing and coming out all distractions during games.*
- Please evaluate the presenter's ability to deliver the information (examples, pace, material)  
*He delivered it very well and I learned a lot from the presentation.*

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