Athlete Types
Introducing the TAP assessment’s 8 Athlete Personality Types

Rocket - The Driven Athlete
Maverick - The Dynamic Athlete
Ice - The Methodical Athlete
Trailblazer - The Spirited Athlete
Eagle - The Confident Athlete
Musketeer - The Helpful Athlete
Knight - The Protective Athlete
Engineer - The Independent Athlete

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I. What is the TAP?

The Troutwine Athletic Profile (TAP) is a validated athletic mindset indicator that measures 3 learning and 11 behavioral traits important for participating and competing in athletics. These traits and trait combinations makeup critical factors that are generally referred to as “intangibles” in the sports world — examples include composure under pressure, competitive spirit, mental toughness, ability to adjust, etc.

The primary purpose of the TAP is to provide a comprehensive understanding of the individual athlete's mindset so that all the stakeholders in an athlete's development – the athlete, coach and parent/mentor – are armed with tools and techniques to foster development and optimize mental performance.

The TAP is highly reliable, meaning a person's scores are very consistent, do not vary much from day to day. Reliability checks have yielded high figures relative to other psychometric instruments, $r = .92$, (where a value of 1.00 would be perfect). The TAP does not measure one’s personality and does not make a medical diagnosis.

How does one take the TAP? The TAP assessment is taken online at takethetap.com via a computer or tablet and takes approximately 25 minutes to complete. It includes 100 questions and one timed exercise.

Who should take the TAP? The TAP is designed for individuals age 13 and above. All athletes age 13 and above are recommended to take the TAP to learn more about themselves including tips & techniques for improvement. Coaches, parents and sports fans are also welcome to take the TAP to learn more about themselves and how they compare and stack-up to amateur and professional athletes.

How frequently should one take the TAP? The TAP should be taken at least once per year for competitive athletes aged 13-25. Although core personality traits rarely change, attitudes and habits can be developed and those changes will be picked up by the TAP and the corresponding reports. Some people will fall in between two types so their athlete type could change when taking the TAP multiple times, especially after some maturation time or devotion to mental performance development activities including those available through our company.

Tom Brady has many “intangible” qualities that elevate him to the top of his profession.
What information and output is available from taking the TAP? Upon completing the TAP a myriad of reports are available including reports for each of the stakeholders in an athlete’s development – the athlete, coach and parent/mentor. Learn more at AthleteTypes.com. Additionally, individual TAP results can be fed to a team database allowing for analysis at the team level plus valuable comparisons of a team to national peer averages and how the team stacks up mentally. Learn more about TAP Team Analytics on page 25.

II. TAP History

Starting in 1985, Dr. Robert Troutwine began assessing prospective professional football players on critical factors believed to predict performance success and organizational compatibility for the NFL draft. This led to the original development of the TAP in 1988. The TAP has undergone several improvements and enhancements over the years, its latest in 2014. The TAP and its effectiveness has been the subject of many media articles and video segments including features in these outlets:

The TAP has established a long track record in the National Football League NFL® of predicting success of prospects and helping coaches develop players to reach their full potential. It has been used by well over half the teams in the NFL® and approximately 95% of the current players in the NFL® have taken the TAP. In 2001, the TAP started being utilized for the same purpose by Major League Baseball (MLB®) teams and more recently National Basketball Association (NBA®) teams. The TAP has also been utilized by US Military Special Forces in various capacities. Visit athletetypes.com to see a sampling of teams and organizations that have used the TAP systematically over the years including these leading organizations:

Recently, Dr. Troutwine co-founded The Right Profile, combining the TAP with the latest Internet and predictive analytics technology to develop the ground-breaking TAP 360 System – the only end-to-end online system for evaluating, developing & coaching athletes for optimal performance based upon the athlete’s unique mental-make up. The TAP 360 System allows all levels of teams, from the pros to college & high school, to benefit from the insights available from the TAP assessment. The Right Profile is committed to improving the overall athletic experience for all involved. We provide our free TAP 360 Starter system for teams to manage and utilize their athletes’ reports.
III. What are the TAP Athlete Types?

More than 30,000 elite athletes have taken the TAP assessment over the years, including most active players in the NFL® and many MLB®, NBA® players and US Military Special Forces members, creating the richest database of this kind on the planet. A deep statistical analysis of the TAP database revealed (8) distinct athlete types (more than personality), each with their own strengths, weaknesses, and particularly effective coaching techniques to help each type maximize their potential.

Upon completing the TAP assessment, individuals are matched to one of the eight types. The TAP Athlete Types are useful & beneficial in a variety of ways:

- Athlete Types provide a high level overview of an individual’s mental makeup
- They introduce a common framework for coaches, athletes and parents to better understand and interact with one another
- There are specific tips and techniques for each type to help improve mental performance
- They provide a positive self-identifying image for athletes
- Most find it interesting and fun to learn their athlete type and share it with others

IV. The 8 Athlete Types

On the following eight pages, you will find the summary reports on each athlete type.

- Rocket - The Driven Athlete
- Maverick - The Dynamic Athlete
- Ice - The Methodical Athlete
- Trailblazer - The Spirited Athlete
- Eagle - The Confident Athlete
- Musketeer - The Helpful Athlete
- Knight - The Protective Athlete
- Engineer - The Independent Athlete
**TAP Athlete Type: Rocket**

The Driven Athlete

**Characteristics:**
- Confident, in-charge style
- Calm, cool & collected
- Focused on getting things done
- Optimistic demeanor
- Does well in social situations
- Often comfortable being the center of attention
- Likes making quick decisions
- May be overconfident in decision
- Practical, like to get involved and be hands-on
- May decide too quickly without fully considering option

**Prominent NFL Members:**
- Tom Brady, QB
- Andrew Luck, QB
- Jay Cutler, QB
- Tony Romo, QB
- Miles Austin, WR
- Pierre Garcon, WR
- Matt Forte, RB
- Ndamukong Suh, DL

**Prominent MLB Members:**
- Evan Longoria, 3B
- Curtis Granderson, OF
- David Wright, 3B
- Matt Garza, P
- Jered Weaver, P

**Strengths:**
- Cool under pressure
- Gets things done
- Will push hard to accomplish goals

**Weaknesses:**
- May decide too quickly and fail to consider implications
- Could be perceived as cocky
- May rigidly stick to plans

**TIPS**

<table>
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<tr>
<th>Coaching Tip</th>
<th>Athlete Tip</th>
<th>Parent/Mentor Tip</th>
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<td>This type likes upbeat, positive coaches. They prefer a decisive coach that is also realistic.</td>
<td>Your strength is being able to face reality. You can help teammates do this when they are struggling. Also, make sure you prepare enough when facing a weaker opponent or you could be caught off guard.</td>
<td>This type wants to be involved in many activities. Make sure they don’t get stretched too far.</td>
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TAP Athlete Type: **Maverick**

**The Dynamic Athlete**

**Characteristics:**
- Inventive, likes coming up with new ideas
- Does his/her own thing, goes against the grain
- Enjoys social interaction & discussion
- Likes to play devil’s advocate
- Enjoys trying new activities
- May be easily distracted - chasing different ideas
- Will step back and look at something with a new perspective
- May seem a bit offbeat, likes to march to the beat of own drum
- Flexible about different tactics
- Unwilling to conform, comply or fully commit to something

**Prominent NFL Members:**
- Ben Roethlisberger, QB
- Joe Flacco, QB
- Percy Harvin, WR
- Lance Briggs, LB
- Jared Allen, DL

**Prominent MLB Members:**
- Clayton Kershaw, P
- Justin Verlander, P
- Stephen Strasburg, P
- Nick Swisher, OF
- Buster Posey, C
- Brian McCann, C
- Adam Jones, OF
- Jay Bruce, OF

**Strengths:**
- Comfortable adapting to the moment
- Seeks unconventional solutions to problems
- Willing to take risks

**Weaknesses:**
- Sloppy with details
- Often wings it
- Difficulty following rules

**TIPS**

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<td>This type responds well to a firm coach that holds athletes accountable and keeps them on a short leash.</td>
<td>You have a tendency to think victory is all physical talent and underestimate the importance of effort, attitude and discipline. Keep a journal of your practice a week leading up to competition. Then, increase some aspect of practice, noting it in your journal.</td>
<td>Try to develop and reinforce the attitude that actions taken today will have an impact on the future and the idea of delayed gratification – these concepts don’t come natural to this type and will have a large positive impact on this type if developed.</td>
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TAP Athlete Type: **Ice**

The *Methodical* Athlete

**Characteristics:**
- They strive to improve and never stop working
- Will set high standards for themselves
- Admits faults & mistakes
- May be self critical
- Often competitive and hates losing
- They tend to push themselves
- Works hard in the off-season
- Typically has serious long term goals
- May seem distant to those they are not close to
- Faces reality and expects the same of others

**Prominent NFL Members:**
- Matt Ryan, QB
- Carson Palmer, QB
- DeMarco Murray, RB
- Jordy Nelson, WR
- Michael Floyd, WR
- Julian Edelman, WR
- Rob Gronkowski, TE
- Robert Mathis, DL

**Prominent MLB Members:**
- Joe Mauer, C
- Prince Fielder, 1B
- Andre Ethier, OF
- Billy Butler, DH
- Chris Sale, P
- Jon Lester, P

**Strengths:**
- Sets and focuses on goals
- Pushes self hard
- Admits faults

**Weaknesses:**
- May be reluctant to change their plan
- Puts too much pressure on themselves
- May fail to communicate

**TIPS**

**Coaching Tip**
Coaching with this type should be direct and sincere. They may see warmth as being phoney.

**Athlete Tip**
Your desire to win/succeed is strong but places a lot of pressure on you emotionally. You have a hard time being truly satisfied or content. Don’t forget to stop and smell the roses occasionally. Try seeing the glass half full.

**Parent/Mentor Tip**
This type tends to bottle up their emotions. Try to get them to open up when something is bothering them and talk it through gently and logically with them.
TAP Athlete Type: **Trailblazer**

The **Spirited** Athlete

**Characteristics:**
- Free thinking
- Welcomes change
- Often reinvents the wheel and may make a simple task too difficult
- Typically very social - allows people in close
- Loves living life and often seen as the life of the party
- Aesthetics important, may have strong interests such as foodie, arts, culture, clothing
- Intuitive, often insightful perspective
- Idealistic, pie in the sky
- High energy and interaction followed by crashing
- Expectations and goals may be unrealistic

**Prominent NFL Members:**
- Matthew Stafford, QB
- Robert Griffin III, QB
- Cam Newton, QB
- Nick Foles, QB
- Richard Sherman, DB
- Maurice Jones-Drew, RB
- Golden Tate, WR
- Dwayne Bowe, WR
- Vincent Jackson, WR

**Prominent MLB Members:**
- David Price, P
- Jacoby Ellsbury, OF
- Ryan Zimmerman, 3B
- Zack Greinke, P
- Gio Gonzalez, P

**Strengths:**
- Creative problem solving, willing to embrace an idea
- Can empathize with teammates
- Comfortable adapting in the moment

**Weaknesses:**
- Easily distracted
- Makes unnecessary changes
- Poor follow through

**TIPS**

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<td>Easy on the X’s and O’s with this type. Include some philosophy and “big picture” ideas to get their buy in.</td>
<td>People see you as cerebral because you like concepts and then exploring and being creative with them. Ask yourself often: “is what I’m doing leading to practical results or am I just going off on a tangent?”</td>
<td>To connect with this type, inject some realistic, practical and pragmatic points into the conversation.</td>
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## TAP Athlete Type: **Musketeer**

The **Helpful** Athlete

### Characteristics:
- Loyal
- True to self and others
- Doesn’t usually rock the boat
- Willing to do a favor for others
- Has common sense
- Greater focus on the team than on winning
- Doesn’t need to be the star
- Easy to talk to
- May easily get caught up in helping others
- Prefers to consider before talking

### Prominent NFL Members:
- Drew Brees, QB
- Alex Smith, QB
- Darren Sproles, RB
- Frank Gore, RB
- Wes Welker, WR
- Heath Miller, TE
- Clay Matthews, LB
- Von Miller, LB
- Jerod Mayo, LB
- Patrick Willis, LB

### Prominent MLB Members:
- Andrew McCutchen, OF
- Pedro Alvarez, 3B
- Troy Tulowitzki, SS
- Mark Trumbo, 1B

### Strengths:
- Has a strong desire to help others
- Listens well
- Considers choices thoughtfully

### Weaknesses:
- Could get taken advantage of
- Has a hard time saying ‘no’ to others
- May not be focused enough on winning

### TIPS

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<td>This type responds to a coach that is structured, even military style, as long as there is some personal warmth.</td>
<td>Try to focus on making a good play or creating a win rather than avoiding a mistake or a loss. Using positive imagery can work for you.</td>
<td>This type enjoys social activities and wants to help others. They will thrive playing team sports and being involved in the community. Also, use a common sense approach with them.</td>
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TAP Athlete Type: **Eagle**

The **Confident** Athlete

**Characteristics:**
- Tends to be clean cut
- Image conscious
- Likes tradition and rules
- Very aware of how everyone is behaving
- Tries to live up to society’s expectations
- Tends to have good work habits
- Reads symbolic themes into things
- Punctual
- Is neat & tidy
- May ignore mistakes unless brought up

**Prominent NFL Members:**
- Peyton Manning, QB
- Eli Manning, QB
- Colin Kaepernick, QB
- Russell Wilson, QB
- Philip Rivers, QB
- Calvin Johnson, WR
- Reggie Wayne, WR
- Reggie Bush, RB
- Jimmy Graham, TE
- J.J. Watt, DL

**Prominent MLB Members:**
- Mike Trout, OF
- Alex Gordon, OF
- Aaron Hill, 2B
- Scott Kazmir, P
- Madison Bumgarner, P

**Strengths:**
- Works to please others
- Optimistic and cooperative
- Plans ahead

**Weaknesses:**
- May not recognize flaws
- Potential to be self-righteous
- May be too focused on others

**TIPS**

**Coaching Tip**
This type likes order, everything to be like clockwork. Thus, the coach needs to be structured.

**Athlete Tip**
If you have had unfortunate things happen in your past, don’t dwell on these, better yet - let them go. Avoid thinking ‘what happened in the past must affect how I feel today.’

**Parent/Mentor Tip**
This type tries hard to please others, especially parents. Remember to fill this type’s emotional tank periodically with praise for doing well, especially for something like following rules or a regimen.
TAP Athlete Type: **Knight**

The **Protective Athlete**

**Characteristics:**
- Has a strong but hidden value system
- Becomes upset when values are compromised
- Great listener
- Very protective of close friends & family
- More focused on the teammates and specific team members than winning
- Naturally tends to internally process and consider things
- May appear not interested in socializing or being around a lot of people, and are often surprised when others don’t see them as social
- Tend to clam up when upset
- Often great with pets and animals
- Needs extra time with their few close friends/family

**Prominent NFL Members:**
- Teddy Bridgewater, QB
- Marcus Mariota, QB
- Jamaal Charles, RB
- Le’Veon Bell, RB
- A.J. Green, WR
- Andre Johnson, WR
- Dez Bryant, WR
- Dwight Freeney, DL
- Julius Peppers, DL
- Troy Polamalu, DB
- Patrick Peterson, DB

**Prominent MLB Members:**
- Manny Machado, 3B
- Scooter Gennett, 2B
- Ben Revere, OF
- Giancarlo Stanton, OF

**Strengths:**
- Listens before talking
- Tries hard to avoid a mistake
- Respects the coach & mentors

**Weaknesses:**
- Difficulty with criticism
- Has trouble dealing with team conflict
- Will not open up and say what’s bothering them

**TIPS**

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<tr>
<td>To coach this type, be authentic, be yourself. Try to see this type as a unique individual and treat them in a friendly manner if that fits you.</td>
<td>Your strength is being able to face reality. You can help teammates do this when they are struggling. Also, make sure you prepare enough when facing a weaker opponent or you could be caught off guard.</td>
<td>This type wants to be involved in many activities. Make sure they don’t get stretched too far.</td>
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TAP Athlete Type: **Engineer**

The **Independent** Athlete

**Characteristics:**
- Enjoys thinking things through and finding a solution
- Prepares for the worst
- Cautious and careful to avoid mistakes
- Good at understanding complex tactics
- Honest, straightforward, admits faults
- Is often comfortable going with the flow and defers to others
- Maintains a set of values
- Will dig in and become stubborn when values are compromised or others are illogical
- May be quick to show frustration or anger
- Seeks to conduct practice repetitions until mastery

**Prominent NFL Members:**
- Aaron Rodgers, QB
- Antonio Gates, TE
- Steven Jackson, RB
- Ryan Mathews, RB
- Marques Colston, WR
- Brandon Pettigrew, TE
- Kevin Williams, DL
- Antoine Bethea, DB

**Prominent MLB Members:**
- Tim Lincecum, P
- Cole Hamels, P
- Jordan Walden, P
- Homer Bailey, P
- Lorenzo Cain, OF

**Strengths:**
- Honest & straightforward
- Carefully thinks through decisions
- Good at sticking with a routine

**Weaknesses:**
- May be too blunt or difficult socially
- May not push themselves hard
- Resists change without good reason

**TIPS**

**Coaching Tip**
This type prefers coaches to be calm, composed and objective. Most importantly, this type does best with a coach that is consistent - one that reacts the same way to similar events and situation.

**Athlete Tip**
Your type tends to be concerned about the ability to make correct decisions in competition and in general. Try not to second guess your decision, especially after the game or competition. Life will become easier if you can reduce second guessing your decisions.

**Parent/Mentor Tip**
Strive to be a role model for handling emotions like anger, disappointment, etc. More than anything, this type needs reassurance and consistency.
V. How to Use the Athlete Types

**Coaches**
The Athlete Type report is the first step in understanding an athlete's basic characteristics. This insight also includes strengths and weaknesses of the athlete type and a few recommended tips for the athlete, coach and parent. In the modern era, one single coaching style will not fit all types and will not connect with all athletes. Knowing a player's athlete type and the characteristics of a given type empowers coaches to tailor their coaching style to better relate to the individual athlete. As one coach said; "I review the Athlete Type report on each of my players once a week. I am always able to come up with something to better relate to each player. When I take the time to do this it takes very little effort and it pays big dividends."

At all levels and in all sports, coaches are engaged in several processes, including talent evaluation, talent selection, athlete development and game/match strategy and management. At the premium level there is the TAP Coach Report that provides deep insights into the athlete's mental makeup including customized tips and techniques for coaching the individual athlete. For collegiate and professional teams, we offer TAP Evaluation reports that are customized per sport and competitive level containing numerous metrics & data points critical to evaluating and selecting the right athletes for your team. Our reports also offer numerous customized tips on how to motivate, teach and coach the athlete based upon his/her unique mental makeup and learning style.

**Teams & Athletic Camps**
A variety of group exercises based upon the TAP Athlete Types are available for teams and athletic camps. These exercises are designed to build team chemistry and team unity through a better understanding of the 8 types, how to best interact and work with them, and what each type can contribute to the team. Experience shows that these exercises create a fun, interactive and informational session to help athletes & teams improve their mental game.

These exercises are available to TAP 360 customers from within their TAP 360 team console.

**Athletes**
From the time of the ancient Greeks, humans have known they have self-awareness. We know that we are unique individuals and that we possess certain characteristics. However, over the centuries it has been long debated that our self-awareness may be skewed, biased, or even blinded.

Central to any kind of self-improvement is increased self-awareness. This includes gaining knowledge about one's makeup, strengths, weaknesses, and predominant characteristics. In other words, it's hard to know
where to begin improvement if you do not know where you stand. After a brief 20 minute evaluation, any athlete can acquire an Athlete Type report that describes their makeup, including predominant characteristics, strengths and weaknesses. It also lists some of the well-known professional athletes who belong to their Athlete Type. It is like knowing what tribe you originated from.

At the premium level there is the TAP Athlete Report that will vastly increase the athlete’s self-awareness and offers many tips and suggested activities serving as a roadmap for self-improvement. The report also includes a goal worksheet to help the athlete execute the self-improvement plan.

**Parents**

Every loving parent has some natural instincts that are primordial. Loving parents have unconditional love for their children. These kinds of parents want to protect their children from harm at all costs, even if it means making great sacrifices, including life. This kind of love can lead to blind spots. In other words, parents have a difficult time viewing their child through an objective lens.

The Athlete Type report helps parents see how their child compares to other athletes. It identifies their child's athlete type and the common characteristics displayed by a particular type. It even includes tips for the athlete and the parent. It also lists some renown professional athletes who belong to this athlete type. The athlete type is described, including traits, strengths and weaknesses. Parents have said that it opened their eyes to their child’s makeup, needs and motivation.

At the premium level there is the TAP Parent/Mentor Guide that drills much deeper and provides over 90 customized tips and techniques for the parent based on the unique individual makeup of their child.

**VI. Athlete Types Distribution**

As one would expect, the TAP Athlete Types distribution varies across genders, sports and positions. The charts below provide details on the distribution generally among athletes across all sports and as well as distribution across the entire NFL® and the quarterback (QB) position and across the entire MLB® and the pitcher (P) position. These distributions represent over 30,000 elite athletes from NFL, MLB, NBA, collegiate and US Military Special Forces TAP assessments. A majority of these athletes are male, but the female percentage in the overall TAP database is rising rapidly as the TAP expands further into collegiate & high school athletic programs.
General Distribution

TAP Athlete Type Distribution - Males

- Rocket: 15%
- Trailblazer: 10%
- Eagle: 17%
- Engineer: 10%
- Ice: 11%
- Knight: 13%
- Maverick: 13%
- Musketeer: 11%

TAP Athlete Type Distribution - Females

- Rocket: 12%
- Trailblazer: 10%
- Eagle: 14%
- Engineer: 12%
- Ice: 12%
- Knight: 14%
- Maverick: 11%
- Musketeer: 15%
Notice how the Rocket type dominates the Quarterback position in the NFL. Whereas the Engineer type, at 10% among all athletes, is only 6% of NFL players and 3% of NFL Quarterbacks.
Notice the sharp rise in the "Knight" athlete type with the 2014 NFL Draft. From the years 1999-2013, the Knight athlete type made up 13% of NFL players whereas the 2014 NFL Draft found 26% of the players drafted were Knights. Only time will tell if this is a trend or one year anomaly.
MLB® Players
TAP Athlete Type Distribution

MLB® Players - Pitchers
TAP Athlete Type Distribution

Notice how MLB Pitchers closely track all MLB Players in TAP Athlete Type distribution. This is quite a contrast with how different NFL Quarterbacks are from all NFL Players in TAP Athlete Type distribution.
VII. Other Available TAP Reports

The primary purpose of the TAP is to provide a comprehensive understanding of the individual athlete’s mental makeup so that all the stakeholders in an athlete’s development – the athlete, coach and parent/mentor – are armed with tools and techniques to foster development and optimize performance.

Below are details on the premium reports available for individual or package purchase by individuals at athletetypes.com or are available through our subscription-based TAP 360 System designed for teams. There are reports designed for each of the stakeholders (athlete, coach, parent/mentor) in an athlete’s development and each report has unique content.

- **Coach Report** - A coach’s tool for better understanding and coaching an athlete based upon the athlete’s unique mental makeup. Different versions available for high school, college and professional levels of competition.

- **Athlete Type Report** - An athlete’s guide to better self-awareness & roadmap to improve mental performance. Free and premium versions available.

- **Parent Mentoring Report** - A parent’s guide for better understanding & mentoring an athlete based upon the athlete’s unique mental makeup. Free and premium versions available.
TAP Coach Report
A coach’s tool for better understanding and coaching an athlete based upon the athlete’s unique mental makeup

A coach can learn more about an athlete from this report than the coach might learn in an entire season of coaching him/her

The TAP Coach Report provides the coach with an understanding of the athlete’s mental makeup plus directed coaching tips and techniques customized for each particular athlete. This report further provides the coach with evaluative and comparative data points relevant to the athlete’s sport, position and team data. In coaching, one style does not fit all athletes and this report will help coaches better personally connect with athletes to coach them towards maximizing their potential in athletic competition and in life.

“I will get out a TAP Report written 5 years ago and it reads like I am the one that wrote it.”

Bill Belichick  Head Coach, New England Patriots

Report Contents

- **Mindset Indicators** – list of distinctive mindset indicators of the athlete relating to athletic competition, personality characteristics and mental aptitude
- **Athlete Tips** – tips to deal with 8 common scenarios for athletes based upon athlete type
- **Trait Analysis** – understand where the athlete scored on the TAP traits and how they compare to peers or team norms
- **Coach’s Guide** – customize sports psychologist commentary for better understanding and coaching on the athlete's: Mental Makeup, Performance Tendencies, Personal Characteristics, Coaching Suggestions, Social Style, etc.
- **Team Matching** – lists known athletes, alumni and staff from the team’s TAP database that have a similar mental makeup
- **TAP Athlete Type** – characteristics, strengths, weaknesses & tips for the athlete’s matched type
TAP Athlete Development Report
An athlete’s guide to better self-awareness & roadmap to improve mental performance

This report provides the athlete with tips and techniques for training and developing the emotional, mental and psychological skills crucial to performance and success. This report also includes the TAP Workbook enabling the athlete to get more out of their physical ability by creating a development plan to optimize mental performance in athletic competition and in the classroom.

“The TAP Athlete Development Report helped take me to another level in game performance.”

Sam Landry Quarterback, Hillsdale College

Report Contents

- **Mindset Indicators** – list of distinctive mindset indicators of the athlete relating to athletic competition, personality characteristics and mental aptitude
- **TAP Athlete Type** – characteristics, strengths, weaknesses & tips for the athlete’s matched type
- **Athlete Tips** – tips to deal with 8 common scenarios for athletes based upon athlete type
- **Trait Analysis** – understand where the athlete scored on the TAP traits and how they compare to peers or team norms
- **Personalized Notes** – customized sports psychologist commentary on the athlete’s: Competitive Nature, Coping Style, Work Style, Mental Characteristics & Social Style
- **Goals & Development Worksheet** – to be used in tandem with the Personalized Notes section; Provides the format and structure to create the athlete’s personal development roadmap
TAP Parent/Mentor Guide
A parent’s guide for better understanding & mentoring an athlete based upon the athlete’s unique mental makeup

The TAP Parent/Mentor Guide provides understanding and a communication roadmap
The TAP Parent/Mentor Guide was designed to guide coaches, parents and mentors alike through the rocky road of mentoring a student athlete. This report is filled with tips and techniques for the mentor to better communicate with their student athlete and the tools to guide them in helping their student athlete develop the emotional, mental and psychological skills crucial to performance and success in athletic competition, in the classroom and generally in life.

“[It] taught us how to effectively communicate and connect with our daughter about athletics and everyday life. When our daughter read her TAP report she said ‘Finally, someone that understands me!’”

Gavin & Jolynne Pike  Monclova, OH

Report Contents

- **Mindset Indicators** – list of distinctive mindset indicators of the athlete relating to athletic competition, personality characteristics and mental aptitude
- **TAP Athlete Type** – characteristics, strengths, weaknesses & tips for the athlete’s matched type
- **Mentoring Tips** – tips to deal with 8 common scenarios for athletes based upon athlete type
- **Trait Analysis** – understand where the athlete scored on the TAP traits and how they compare to peers or team norms
- **Personalized Notes** – detailed, customized sports psychologist commentary on the athlete’s: Personal Makeup, Relationships, Motivation & Interests, Mental Characteristics, Practice Habits and Performance Tendencies
- **Goals & Development Worksheet** – to be used in tandem with the student athlete’s Personalized Notes section of their TAP Athlete Development Report; Provides the format and structure to create the athlete’s personal development roadmap
TAP Evaluation Reports

Advanced athlete evaluation reports used by professional and elite college sports teams

Used by Professional & Elite Collegiate Coaches for More Than 20 Years

The TAP has been used by NFL®, MLB®, NBA® and collegiate athletic teams for more than 20 years to evaluate athletes and how best to coach them. It has been taken by almost every athlete invited to the NFL Combine since the 1990s.

“If you are an athletic organization trying to select and grow players, the TAP profiles will help you succeed.”

Bill Polian, ESPN Analyst / Former Vice-Chairman, Indianapolis Colts

Report Contents

- **Scoring Summary** – Provides ratings on the athlete’s
  - TAP score - overall scoring on the TAP assessment
  - Mental Toughness score - derived from combat rating developed for US Military Special Forces to measure a soldier’s combat readiness
  - Concentration Speed score - measures ability to focus during stressful situations like athletic competition

- **Impact Trait Comparison** – Displays how the athlete stacks up to the team, national peers and elite athletes on the 5 TAP Impact Traits for athletic performance

- **Trait Analysis** – understand where the athlete scored on the TAP traits and how they compare to peers or team norms

- **Team Matching** – lists known athletes, alumni and staff from the team’s Team-Fit database that have a similar mental makeup

- **Mindset Indicators** – list of distinctive mindset indicators of the athlete relating to athletic competition, personality characteristics and mental aptitude
VIII. Team Analytics

Track your team’s progress from year to year and compare to national peers

This new analytics module allows insights as to the mental makeup of your entire team. These team metrics also provide a baseline for measuring improvement at the team level year over year. Finally, this module provides valuable comparisons of your team to national peer averages to learn how your team stacks up mentally.

Sample Sections:

Top Indicators
Displays your team’s top indicators across all athletes showing both aggregate and individual results across all behavioral indicators.

Trait Analysis
Displays your team’s normal range in scoring on the TAP foundational traits. Track your team’s progress year over year. When available, compare to averages of teams across the country per sport.

Athlete Types Distribution
Displays your team’s distribution of athlete types, across the whole team and by position. Also includes a list of all players for each type. Compare your team’s ratios year over year. When available, compare to ratios of teams across the country per sport and per position.

TAP Scoring
Displays your team’s average score and distribution range in the TAP scoring metrics including the Mental Toughness score and Speed Concentration score. Track your team’s progress year over year. When available, compare to averages of teams across the country per sport.
IX. Managing a Team’s Database of Reports - TAP 360

You can manage a team database of TAP Athlete Type reports with our secure, web-based application. The free version for teams is called the TAP 360 Starter. A paid version is available that includes the premium TAP reports. The online team console is your hub for inviting team members to take the TAP, viewing reports, making comparisons, tagging individuals and managing the team database & overall system. The console is available via Internet browser on PC, Mac or tablet. Learn more about the TAP 360 at athletetypes.com
X. About The Right Profile

The TAP assessment and TAP 360 System are services of The Right Profile, a leader in talent analytics. The Right Profile delivers groundbreaking assessment and reporting applications that harness behavioral science, our patent-pending people analytics engine and detailed, easy to use reports to help organizations make smarter personnel decisions and develop each individual to their fullest potential.

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