



# **POWERME RUGBY**

## **PowerMe Rugby™**

### Sample Report

Platform Taken On: -

Date & Time Taken : 09.12.2013 11:35 PM (Eastern Time)

Assessment Duration: 2 Minutes



## **POWERME RUGBY**

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### **YOUR RUGBY PROFILE**

Your success in Rugby is determined by two things:

1. Your natural physical ability or talent; you could also call this your innate potential.
2. How well you use that ability.

Your natural ability was set for you at birth. Some people are born bigger, faster, stronger, and with better coordination than others. The natural ability you have is your "raw material" to work with, and you can improve your physical skills to some degree through training and practice. However, in this report we are measuring your mental clarity and emotional engagement in the game, not your natural ability or physical skill-sets.

Here is the good news: Your success is determined much more by how you use the talent you were born with than how much talent you were born with.

### **WHAT DETERMINES HOW WELL YOU USE YOUR TALENT?**

What are the keys to unlocking your potential? What are you missing? What are you not seeing? What are you not doing? How can you get access to your true talent and find out how good you can be at Rugby? The assessment you just took gives you the answers, and shows you how to get started.

### **The Two Worlds of Rugby**

We divide Rugby into two "worlds." The first is the Outer World or Game View. This world includes everything that is happening outside of you, including your teammates, your coaches, the pitch, and the rules and strategies of the game. The second world is everything that happens inside of you, your Inner World or Self View. This includes things like your confidence, mental resilience, values, beliefs, desires, thoughts, and feelings.

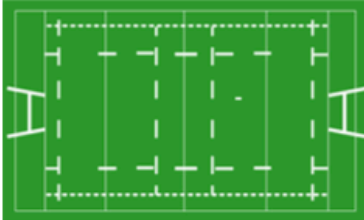
The ultimate question for you as an individual player is: Do you understand what it takes to win in Rugby, and are you willing and able to do it?

How well you play Rugby and how close you come to playing to your potential is determined by your Game & Self View: how well you "see" the Outer World of Rugby and to what degree your Inner World values and beliefs free you to do what it takes to WIN!





**Game View**



Your Game View includes how you mentally and emotionally prioritise elements in Rugby that are outside of you, including your teammates, tactics and techniques, your coaches, the pitch, and the rules and strategies of the game.

**1. Understanding What it Takes to Win:**

How well do you understand the demands of rugby and the demands of the positions and roles you play?



This is the first of two hugely important scores to your rugby career. This is the “Outside of You” score – a sum of all the elements presented in Part 1 of this report. It tells you how well you understand what is needed for you to succeed in rugby. It is a general measure of your ability to see what is happening on the pitch and identify and accurately judge what’s really important. This score reveals how well you understand what the game of rugby is actually all about.

A **high score** indicates a clear and definite understanding of rugby, and knowing what it takes to win. You pick up the “little details” that make a big difference in the outcome of the game. This gives you a big advantage over most players. You see things they don’t see, and you pay attention to the things that actually are the most valuable!



**17. Rugby Role, Position & Performance:**

Do you feel your talents are being fully utilised within the demands of your current position on the team? Are you "all in" with the team and your role on it? Are you and your team a good fit?



This score measures your ability to be at peace with your roles as a rugby player both on and off the pitch. It indicates the degree to which you are getting personal fulfillment from your position in the game of rugby as well as your sense that you're at the right position for you. A high score suggests strong identification with your role on the team.

A **high score** reflects strong identification with your rugby game position and indicates you are not experiencing position or role conflict. You likely feel at home in the position you are playing and the team role you have and you don't spend time wishing your position on the team (or pitch) was different. This helps you stay "present" focused during practice and games with your energy focused on your rugby role.

*Note: The next 2 attributes (with percentage scores) are relative to the value of the attribute score above (with the 10 point scale). If the number above is in the high range, then the attributes below are less significant and become more tendencies (or situational attributes) as your score above approaches a 10.*



**34. Self-motivation/Desire**

How strong is your present desire to improve? How badly do you want it?

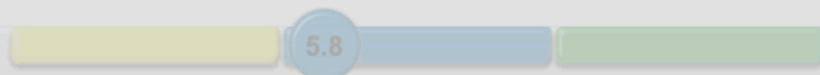


This score measures your ability to meet or exceed your own goals without external validation or being influenced by another individual. In other words, are you motivated from within (you are passionate and full of desire), or do you play more for other reasons?

A **moderate score** indicates that at times you feel strongly motivated and at other times you may feel a lethargic energy level and lack of direction. This likely results in inconsistency and under-performance. You may be successful with your current level of Desire, but it's unlikely you are on a path to finding out how good you can be. High levels of Desire are required to reach your potential. Consider committing to being more fully present and more actively engaged in practice and games at all appropriate times whether you are winning or losing. Set a high goal and then focus moment-to-moment on the process of achieving it. A moderate score may also indicate you are results-oriented (versus process-oriented) which can directly affect your level of self-motivation as you let failure undermine your desire.

**35. Team Player:**

Do you put the team needs ahead of your own? Are you a good "team chemistry" player?



This score measures your ability to positively relate to your teammates and perform your tasks as a team player in a way that builds positive energy.

A **moderate score** indicates you are likely a good teammate, but sometimes keep some emotional distance from the other players. You usually add positive energy to the team, but at times you don't. This may keep you from being a leader on the team. In a game you may feel a degree of uncertainty about exactly how to execute a given play, where and how to move and respond to