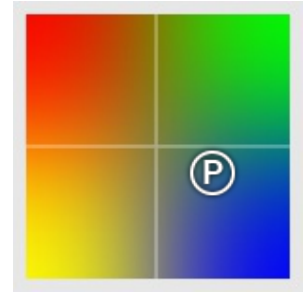


- Ⓟ Passions – What I Love
- ⓔ Expectations - What I Need From Others
- Ⓢ Strengths – What I Am Good At
- Ⓡ Reactions – How I Respond Under Stress

This is your iMap Elite Athlete Guide. It describes what motivates you to perform, your strengths for success, the support you need, and how to find and stay “in the zone” during competition. These insights will give you the ability to control and adapt your behaviors in the pursuit of excellence.

## Page 2: Passions

The P Symbol represents what you are most interested in focusing on because it's something you enjoy doing. It's not that you can't do other things, but certain activities are easier because you like them more.



### Athletes whose P Symbol is in the Red quadrant often like to:

- spend time developing their physical skills
- focus on results that they can see
- do things that require 'hands-on' involvement
- build or reconstruct equipment that will benefit their practice.

### Athletes whose P Symbol is in the Green quadrant often like to:

- engage in discussions and debates with others
- encourage and motivate teammates to do their best
- do things to help other athletes improve
- give speeches or public presentations
- teach others how to do something.

### Athletes whose P Symbol is in the Yellow quadrant often like to:

- follow a routine or system to achieve results
- research/scout things so they are prepared
- analyze and track successes and failures with solid metrics
- review numbers or data
- keep things organized and well maintained

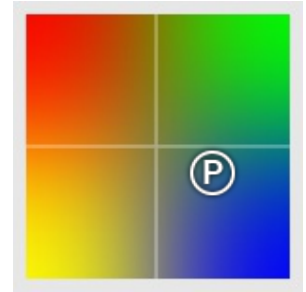
### Athletes whose P Symbol is in the Blue quadrant often like to:

- come up with creative practice routines
- spend time reading or writing about their sport
- focus on visualizing success
- focus on strategies for long term improvement
- listen to music during practices or to relax.

## Page 3: Your Passions

The P Symbol is used to describe on what you would like to spend your time doing.

Your P Symbol is in the Blue quadrant, but it is fairly close to the middle of the Map. You like to strategize on new ways to achieve success, but balance this with a variety of different ways to reach your goals.



Athletes whose P Symbol is in this quadrant often like to focus on delivering practical solutions that deliver tangible, measurable results more than you do.

Athletes whose P Symbol is in this quadrant often like to engage with coaches and teammates in conversations, tell stories of their experiences that will entertain or motivate others more than you do.

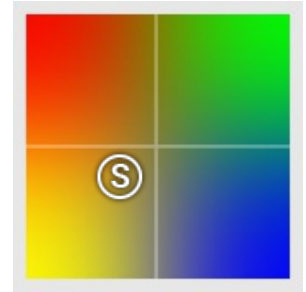
Athletes whose P Symbol is in this quadrant often like to follow a routine, put an organized training program in place to help their performance more than you do.

### Your increase your motivation when you are able to:

- emphasize the big picture and focus on longer-term results
- recognize the power of ideas and the mental aspects of performance
- develop skills which prepare you to play alternate roles
- expand your interests to areas beyond athletic competition
- explore new innovative approaches to improving performance

## Page 4: Strengths

Every athlete has natural strengths that will help them be successful pursuing the sport they are passionate about. These strengths are a baseline or starting point. In order to be prepared for any situation, new strengths can be added to in order to obtain peak performance no matter what the circumstances. Everyone has a natural style that comes most easily to them and is represented by the S Symbol. This is your most effective approach as an athlete and is your starting point for building adaptability.



### Athletes whose S Symbol is in the Red quadrant are often:

- practical and decisive
- energetic and action-oriented
- collaborative and get things done
- results-oriented
- driven to finish something

### Athletes whose S Symbol is in the Green quadrant are often:

- friendly, outgoing and sociable
- persuasive, convincing, motivational
- clear on what to do
- competitive and good at winning
- spontaneous and responsive to new approaches

### Athletes whose S Symbol is in the Yellow quadrant are often:

- careful, consistent, and like to follow rules
- keep things under control by using a routine
- apt to do things the proven way with predictable methods
- fair, and go for a win-win
- can be counted on by others

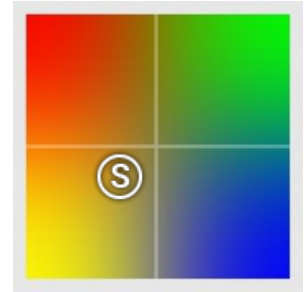
### Athletes whose S Symbol is in the Blue quadrant are often:

- thoughtful and don't rush decisions
- good at listening to coaches and others/teammates
- creative, innovative and use their instincts
- considerate of how others may feel
- respectful of coaches/teammates who matter to them

## Page 5: Your Strengths

Your natural strengths are described by the S Symbol.

Your S Symbol is in the Yellow quadrant, but it also lies fairly close to the middle of the Map. While you are organized and good with details you may also be able to take quick action, be flexible and use your instincts should it be needed.



Athletes whose S Symbol is in this quadrant tend to take action more quickly, stay objective and focus on others/teammates more than you.

Athletes whose S Symbol is in this quadrant tend to be more energetic, competitive, and quick to change than you.

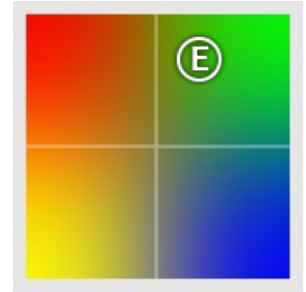
### Your strengths include being:

- orderly, methodical and low-key in your interactions with others
- direct and open with individuals
- assertive, but without being too domineering
- insightful and perceptive about how others feel.

Athletes whose S Symbol is in this quadrant tend to be more insightful, idea oriented, and thoughtful than you.

## Page 6: Expectations

There is a specific environment that brings out your best. These are describe as your Expectations, or what you require of others as well as your environment. The Expectations statements below will give you insight as to those things that will allow you to thrive. When these expectations are met, you will find it easy to use your strengths and stay in control.



### Athletes whose E Symbol is in the Red quadrant often thrive in environments where:

- teammates like them and it's easy to get along
- everyone contributes and is driven for results
- the focus is on things that are real and practical not theoretical
- they always have something to do which requires high energy
- decisions are clearly and quickly communicated

### Athletes whose E Symbol is in the Green quadrant often thrive in environments where:

- it's clear who is in charge and they know what's expected of them
- there is a lot of variety in what they do
- there are few rules and lots of flexibility
- teammates have a good time together
- their personal results are recognized and rewarded

### Athletes whose E Symbol is in the Yellow quadrant often thrive in environments where:

- the rules are clear and everyone follows them
- each person is treated fairly, without favoritism
- no one has to struggle to achieve what they want
- everyone has an equal chance to perform
- things are organized and orderly
- there is stability and not a lot of surprises

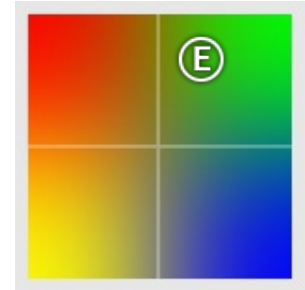
### Athletes whose E Symbol is in the Blue quadrant often thrive in environments where:

- coaches/teammates care about them and listen to how they feel
- they have plenty of time to process information without pressure
- they receive individual attention from their coaches
- teammates are loyal and respectful
- feedback is delivered privately

## Page 7: Your Expectations

The environment you need in order for you to perform at your best is described by the E Symbol.

Your E Symbol is in the Green quadrant, but it also lies fairly close to the Red quadrant. You are at your best in friendly, enthusiastic, and competitive environment, where there is a fast pace and decisions are made quickly.



Athletes whose E Symbol lies in this quadrant often have a greater need than you do for an environment that is fast paced, collaborative and focused mainly on outcomes.

### You perform at your best when others:

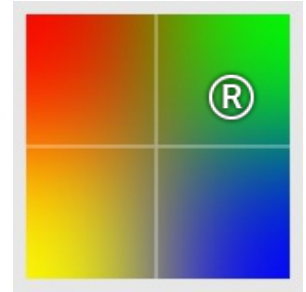
- are assertive, direct, and straightforward
- take charge but keep unnecessary rules to a minimum
- give you varied tasks and personalized incentives and rewards
- are objective and rational in their approach
- are direct but friendly when they talk to you
- give you clear-cut decisions to make or instructions to follow

Athletes whose E Symbol lies in this quadrant often have a greater need than you do for an environment where there is a clear plan, rules are followed and proven systems and procedures are established.

Athletes whose E Symbol lies in this quadrant often have a greater need than you do for an environment where athletes are respected for who they are and decisions are made carefully without pressure.

## Page 8: Reactions

When you are in a situation that doesn't meet your expectations, you run the risk of reacting in a stressful way. This reaction is a movement away from strengths into behaviors that could have some consequences. It is an involuntary response to not having your expectations met and could keep you from performing or competing at your best.



### Athletes whose R Symbol is in the Red quadrant may react by becoming:

- bossy, pushy, aggressive
- focused just on the task at hand and ignore others/teammates
- make decisions impulsively even when they don't have enough information
- insensitive to how others feel
- impatient and try to force results

### Athletes whose R Symbol is in the Green quadrant may react by becoming:

- becoming defensive and aggressively arguing their point of view
- unfocused and not finishing what they start
- overly competitive, start taking shortcuts
- takes risks even if the stakes are high
- forget the importance of rules

### Athletes whose R Symbol is in the Yellow quadrant may react by becoming:

- too concerned about rules and procedures
- over controlling
- opinionated and rigid about what to do
- inconsiderate of exceptions to the rules
- resistant to change

### Athletes whose R Symbol is in the Blue quadrant may react by becoming:

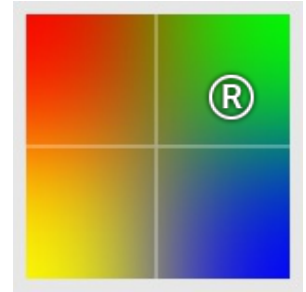
- overly sensitive and taking things too personally
- anxious and creating worst case scenarios
- withdrawn and avoiding others/teammates
- pessimistic about outcomes
- indecisive even about simple things



## Page 9: Your Reactions

Your Reactions under stress are described by the R Symbol.

Your R Symbol is in the Green quadrant, but it also lies fairly close to the Blue quadrant. When you don't receive the support you need, you may become distracted and sensitive to how others are treating you.



Athletes whose R Symbol lies in this quadrant may lose effectiveness by becoming more pushy, impatient, and insensitive than you do.

**When you're losing your effectiveness, those around you may notice that you become:**

- self-promotional and over-competitive
- argumentative
- overly sensitive to criticism and lack of praise
- easily sidetracked and have difficulty concentrating
- unsociable and withdrawn

Athletes whose R Symbol lies in this quadrant may lose effectiveness by becoming more rigid about procedures, more opinionated, and more resistant to change than you.

Athletes whose R Symbol lies in this quadrant may lose effectiveness by becoming more sensitive, withdrawn and indecisive than you.

## Page 10: Your iMap Summary

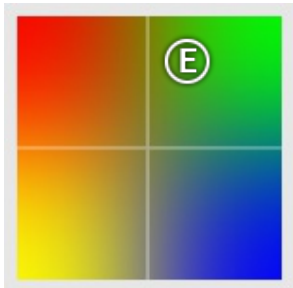
### My ability to compete at my best occurs.....



When I'm focused on what I love to do.....

#### Your Passions:

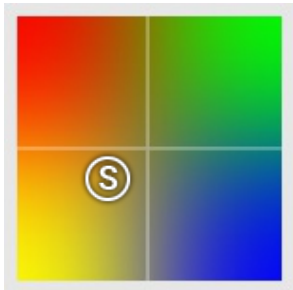
- You enjoy activities that require creativity and thought, but may also enjoy working with systems and procedures, getting things done, or the social aspects of the activity.



And have the support that is ideal for me.....

#### Your Expectations:

- You are most effective in a sociable, enthusiastic and competitive environment, with objective coaches who make clear-cut decisions.



And I am good at.....

#### Your Strengths:

- You perform most effectively when you are systematic within known rules and procedures, yet you can also be decisive and goal-oriented, assertive, and thoughtful.

### When I am in in my zone, I avoid my stress reactions.



If I am in an environment that is not meeting my expectations, I run the risk of moving from strength to stress.

#### Your Potential Reactions:

- Under stress, you may become dominating, overly defensive, disorganized, insensitive and impatient with others.