

Telemark L2C Athlete Mental Evaluation Tool

Name

Date

The purpose of this tool is to assist in the coach and athlete look for areas of improvement in one's performance. Please rate items under each category as follows:

(0) Don't Know (1) Strongly Disagree (2) Disagree (3) Agree (4) Strongly Agree

Pre-Performance

- | | | | | | |
|---|---|---|---|---|---|
| 1. Set appropriate goals for Training; process, performance, Motivation and outcome goals | 0 | 1 | 2 | 3 | 4 |
| 2. Set appropriate goals for Competition; process, performance, Motivation and outcome goals | 0 | 1 | 2 | 3 | 4 |
| 3. Develop sound focus and refocus plans | 0 | 1 | 2 | 3 | 4 |
| 4. Refine pre-determined competitive routines/plans | 0 | 1 | 2 | 3 | 4 |
| 5. Use imagery to reinforce and correct key skills, Race Courses and desired outcomes for performance | 0 | 1 | 2 | 3 | 4 |
| 6. Develop and refine optimal activation level for Performance | 0 | 1 | 2 | 3 | 4 |

Performance

- | | | | | | |
|---|---|---|---|---|---|
| 7. Execute and test performance plans developed for competition | 0 | 1 | 2 | 3 | 4 |
| 8. Follow and refine pre-determined competition routines/plans | 0 | 1 | 2 | 3 | 4 |
| 9. Establish one or two simple cues to focus attention on important segments of the competition | 0 | 1 | 2 | 3 | 4 |
| 10. Use positive reminders that maintain confidence and motivation | 0 | 1 | 2 | 3 | 4 |
| 11. Normalize, accept, and regulate emotions such as anxiety, fear and anger. | 0 | 1 | 2 | 3 | 4 |
| 12. Compete while focusing on the process of performance | 0 | 1 | 2 | 3 | 4 |

Post-Performance

- | | | | | | |
|---|---|---|---|---|---|
| 13. Debrief performances; highlight strengths, areas for improvement and motivation | 0 | 1 | 2 | 3 | 4 |
| 14. Are you happy with yourself after most races? | 0 | 1 | 2 | 3 | 4 |
| 15. Focus on the positive lessons from each performance | 0 | 1 | 2 | 3 | 4 |
| 16. Thank the volunteers who provide the competition | 0 | 1 | 2 | 3 | 4 |
| 17. Thank the Support team for their efforts | 0 | 1 | 2 | 3 | 4 |
| 18. Develop goals for self-improvement at the next event | 0 | 1 | 2 | 3 | 4 |