



Values and Benefits of the Comprehensive Athletic Profile

Any competitive athlete will tell you that what separates the great hopefults from the top achievers is the knowledge and application of mental skills. Some Olympians have indicated that it accounts for 90% of their success (Bauman, 2000).

What is the Comprehensive Athletic Profile (CAP)? The CAP is an assessment instrument that simply measures athlete traits that are associated with athletic performance success. The athlete candidly responds to sixty statements. Results and recommendations are provided, in turn. We know that positive thoughts and developing sound sport-related mental strategies produce better athletic results in comparison to the absence of mental strategies.

The Comprehensive Athletic Profile helps both pinpoint traits associated with athletic performance as well as providing interventional directions. The CAP does not measure psychopathology, such as the propensity to be depressed, anxious or have anti-social traits. It only measures traits associated with athletic success, i.e. Intrinsic Motivation, Concentration/Focus, the use of Visual Imagery, Energy Managements skills, Goal Setting, Work Ethic, Mental Toughness, Handling the tensions of competition, knowing how and when to Refocus, and the use of Positive Self-Talk.



A considerable amount of literature has appeared about the subject matter of use of Inventory use (assessment profiles) in sports. For over a hundred years, sport psychologists have churned out inventories that measure traits associated with athletic performance. (Vealey & Gardner-Holman, 1998). In the 1920's Dr. Coleman Griffith, who is regarded as the father of American Sport Psychology, designed surveys and questionnaires that measure psychological attributes in athletes and coaches (Razon & Tenenbaum, 2014). In the 1960's Drs. Bruce Ogilvie and Tom Tutko created the Athletic Motivation Inventory with the intention of predicting success and problems with elite athletes (William & Straub, 2010). In the 1980's and 1990's increased numbers of specific tools were developed, including the Competitive State Anxiety Inventory-II by Martens, Vealey & Burton. By the early 1990's, there were at least 175 tests designed for use in sport and exercise psychology (Ostrow, 1990).

Psychological assessment has played an important role in the player selection process for many teams in professional sports (Gardner & Moore, 2006). Thomas, Murphy and Harding (1999) developed an inventory known as the Test of Performance Strategies (TOPS), which can be used by athletes in practice and in competition. It has also been utilized by sport psychology practitioners (Weinberg & Gould, 2011). Inventories are also widely used with employees in industries. Inventories are used to select candidate most likely to demonstrate leadership potential and skill in the corporate arena.

In summary, while clinical psychologists developed tests that measure and assess psychopathology, sport psychologists measure traits that are associated with athletic success. The athletic purpose of the Comprehensive Athletic Profile is to assess those traits that are associated with athletic performance and success.



In what ways can the Comprehensive Athletic Profile help to you? The following targeted areas can prove to be useful and beneficial.

The Recreational Athlete

This is anyone who takes their sport seriously, like a golfer, a swimmer, a baseball player, a hockey player, a football player, a runner, a competitive dancer, a cyclist, a martial artist, a child, an adolescent or an adult. The recreational athlete realizes that while he/she may not be the ideal candidate for the Olympics, yet his/ her commitment to the sport is, nonetheless, great. He/she values the benefits of exercise and even competing against others.

We know that positive mental traits positively affect sport outcomes. The Comprehensive Athletic Profile pinpoints areas where intervention can help the athlete perform at their best. We realize that controlling ones' internal and/or external distractions, as well as finding ways to turn unwanted thoughts into positive ones, will result in vastly improved sports performance. If such issues go unchecked, the result will be a lack-luster sport performance. Recreational athletes are extremely interested in their own sport self-improvements, which can happen when they take greater control over their thoughts and emotions. The Comprehensive Athletic Profile leads the way in showing athletes what specific mental skill areas can improve their sport performance. Once the results are known, the next step is to "fix" it. This would involve in-office or Skype™ consultations.



The College Scholarship Applicant

This is typically your high school senior who's a candidate for an athletic college scholarship of a division one or division two school. The Comprehensive Athletic Profile points to areas that need improvement. Sport psychology consultations do not require a long-term commitment, because progress is often noted in just a few sessions. Frequently, that's all that's required to make the difference in one's stats and performance.

If you're serious about being offered an NCAA sport scholarship, it would help you to take the Peak Performance Plus CAP as well as have a consultation via Skype™, or at our office. Typically, coaches look at high school grades, the applicant's video, the personal essay, their recommendations and their interview.

For the coaches, this can be a difficult undertaking because all of the candidate's videos, the college essay and their in-person interviews appear to be fairly similar. Let's consider that when several candidates are assessed to be fairly equivalent but there are only one or two scholarships available. The Comprehensive Athletic Profile can help coaches in their decision process. Moreover, by choosing the best candidates, coaches and universities might save themselves money by choosing athletes that measures highest with the use of the Comprehensive Athletic Profile. This could also result in improved team results and stats.



Assessment for Professional Teams

This involves helping coaches to make difficult decisions about choosing their best possible choices for their team. This CAP assessment profile can offer information that might prove to be helpful to coaches about mental skill attributes that are not otherwise noted through interviews and applications. This assessment might even save coaches money in the long run because they want to make sure they've chosen the right player for their team. In addition to this, any athlete who wishes to be considered being part of a professional team should complete the Comprehensive Athletic Profile that would help coaches with the best selection outcome.

This assessment can pinpoint traits that are associated with athletic excellence. Wouldn't you want to complete the CAP and work on any of your deficiencies in order to obtain the benefit of being offered a professional team contract? Let's face it; if there are two or three team spots and there are many candidates to choose from, wouldn't you want to stand out from the rest of the pack? For any athlete who wants to be selected by a professional team, it makes sense to complete the CAP. If the results indicate that the athlete needs some improvements in one or more areas, would it not be wise and prudent to work on these traits, make the improvements and become an even better performing athlete? Undertaking such actions may well lead to a professional contract, which is the dream of a lifetime.



Rehabbing an Injury

Injured athletes wonder if they'll ever be able to return to their sport with the same athletic skills and self-confidence they displayed prior to their injury. When an athlete is injured their self-confidence is shaken. Their self-identity may also be undermined. The athlete might isolate herself, not feel a part of the team and might even use less than adequate coping skills. The Comprehensive Athletic Profile can help by assessing traits that are associated with athletic excellence. Upon completing the CAP, the injured athlete is informed what areas may need improvement. Rehabbing is more than just about bone, ligament, cartilage and/or muscle recovery. It's also about having strong mental skills that assist in developing improved coping processes and strong feelings of performance self-confidence, instead of having inner doubts.

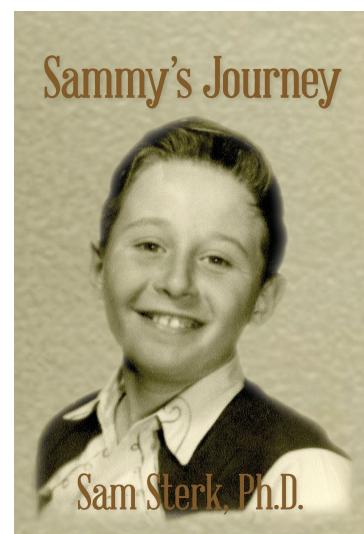
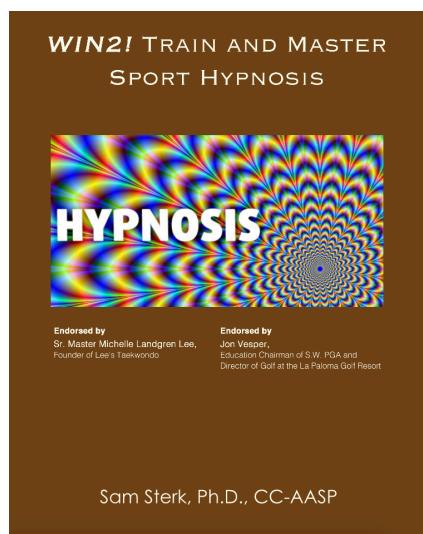
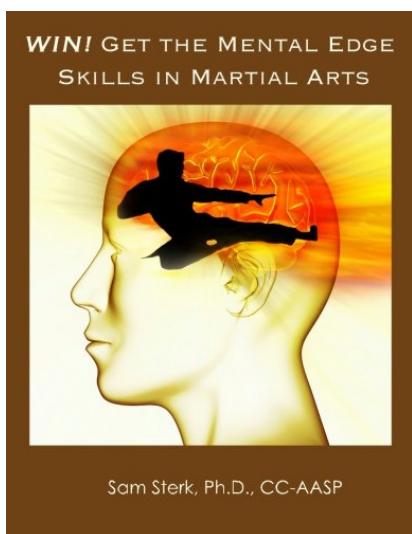
In summary, whether you're a recreational athlete, a perspective college bound athlete with a possible athletic scholarship, a college or a professional team coach, or you're healing from an injury, we can help you with the Peak Performance Plus Comprehensive Athletic Profile (CAP). If you need further consultations, we're here to help you.



About the Author

Sam Sterk, Ph.D., CC-AASP is the Co-Director of Peak Performance Plus, a Counseling, Hypnosis and Sport Psychology practice located in Scottsdale, Arizona. Dr. Sterk has completed post-graduate training in Psychoanalytic Psychotherapy and Psychoanalysis, is a certified Clinical Hypnotherapist and a registered Sport Psychology Consultant through the Association of Applied Sport Psychology (AASP). One of Dr. Sterk's certification is on pain reduction with the use of Clinical Hypnosis. Dr. Sterk has been a presenter at national conferences in Hypnosis and Sports Psychology, and is the author of the Comprehensive Athletic Profile (CAP), used to help track improvements in sports, as well as the Sport Psych Wheel, used to demonstrate progress for athletes who utilize sport psychology services.

Dr. Sterk has published 3 books, available through Amazon:





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