



EXCELLENCE
WITH INTEGRITY™

ASSESSMENTS

SPORT TEAM CULTURE SURVEY









Sample Team A



SUMMARY REPORT





2023-2024

Survey Data Summary

Sample Team A (2023-2024)









1A. Team Culture Among Student-Athletes				
1.1A	Student-Athlete Performance: Competitive Greatness		3.99	↑
			3.23	!
1.2A	Student-Athlete Performance: Personal and Team Integrity		3.73	!
			2.98	×
1.3A	Student-Athlete Performance: Selfless Teamwork		3.86	↑
			3.24	!
1.4A	Student-Athlete Performance: Grounded Self-Awareness & Growth Mindset		3.77	↑
			3.14	!

2023-24 Athletes: N = 27 
 2023-24 Coaches: N = 8 





Optimal performance:			
Maintain current focus and attention	Scores ≥ 4.5		✓
Approaching optimal performance:			
Build on current focus and attention	Scores ≥ 3.75 and < 4.5		↑
Area of opportunity:			
Intensify focus and attention	Scores ≥ 3 and < 3.75		!
Area of concern:			
Commit to intensive effort & focus on improvement	Scores < 3		×

Survey Data Summary

Sample Team A (2023-2024)

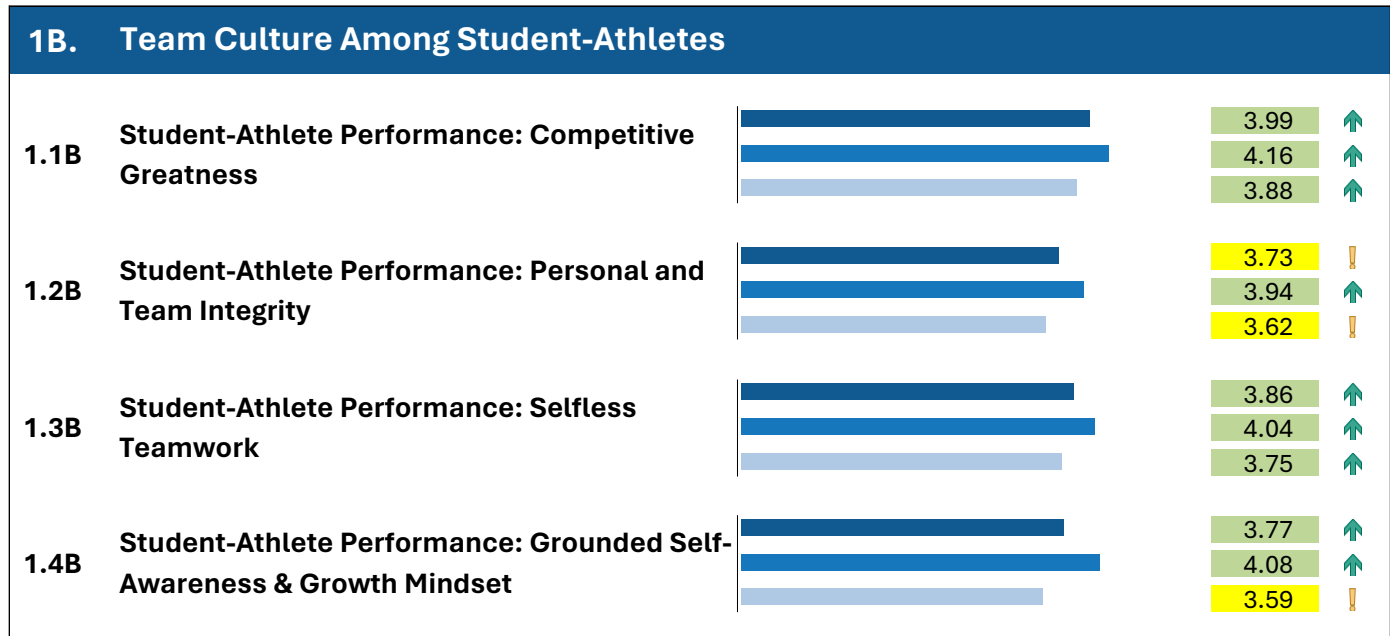
2A. Coaching for Optimal Performance				
2.1A	Coaching: Communication to Clarify and Reinforce Expectations		4.16	↑
			4.09	↑
2.2A	Coaching: Targeted Practice for Habit Development and Growth		4.18	↑
			4.09	↑
2.3A	Coaching: Accountability through Support & Challenge		4.11	↑
			4.13	↑
2.4A	Coaching: Mental Preparation and Mindset Formation		4.07	↑
			4.25	↑




2023-24 Athletes: N = 27
2023-24 Coaches: N = 8





Optimal performance:	Scores ≥ 4.5		✓
Maintain current focus and attention			
Approaching optimal performance:	Scores ≥ 3.75 and < 4.5		↑
Build on current focus and attention			
Area of opportunity:	Scores ≥ 3 and < 3.75		!
Intensify focus and attention			
Area of concern:	Scores < 3		✗
Commit to intensive effort & focus on improvement			

Survey Data Summary by Student-Athlete Class

Sample Team A (2023-2024)
















2023-24 Athletes: N = 27 
 Fr/So: N = 10 
 Jr/Sr/5th/Gr: N = 17 


Optimal performance: Maintain current focus and attention	Scores >= 4.5		✓
Approaching optimal performance: Build on current focus and attention	Scores >= 3.75 and < 4.5		↑
Area of opportunity: Intensify focus and attention	Scores >= 3 and < 3.75		⚠
Area of concern: Commit to intensive effort & focus on improvement	Scores < 3		✗

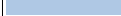
Survey Data Summary by Student-Athlete Class





Sample Team A (2023-2024)

2B. Coaching for Optimal Performance			
2.1B	Coaching: Communication to Clarify and Reinforce Expectations		4.16 ↑
			4.49 ↑
			3.96 ↑
2.2B	Coaching: Targeted Practice for Habit Development and Growth		4.18 ↑
			4.45 ↑
			4.01 ↑
2.3B	Coaching: Accountability through Support & Challenge		4.11 ↑
			4.36 ↑
			3.96 ↑
2.4B	Coaching: Mental Preparation and Mindset Formation		4.07 ↑
			4.39 ↑
			3.88 ↑

2023-24 Athletes: N = 27 

Fr/So: N = 10 

Jr/Sr/5th/Gr: N = 17 

Optimal performance:	Scores >= 4.5		✓
Maintain current focus and attention			
Approaching optimal performance:	Scores >= 3.75 and < 4.5		↑
Build on current focus and attention			
Area of opportunity:	Scores >= 3 and < 3.75		!
Intensify focus and attention			
Area of concern:	Scores < 3		✗
Commit to intensive effort & focus on improvement			

Data Detail: Sample Team A (2023-2024)

1.1A	Student-Athlete Performance: Competitive Greatness	<div></div>	3.99	↑
		<div></div>	3.23	!
Performance of student-athletes on:				
1) ... putting in the extra work and pushing outside their comfort zone to achieve team goals.		<div></div>	4.26	↑
		<div></div>	3.63	!
2) ... embracing opportunities for tougher competition and/or with more challenging opponents.		<div></div>	4.22	↑
		<div></div>	4.00	↑
3) ... embracing healthy competition between teammates to achieve personal and collective best.		<div></div>	3.96	↑
		<div></div>	3.13	!
4) ... showing resilience, confidence, and resolve when facing setbacks or challenges.		<div></div>	4.04	↑
		<div></div>	2.75	×
5) ... embracing adversity without complaining, blaming, or making excuses.		<div></div>	3.48	!
		<div></div>	2.75	×
6) ... staying focused and committed when desired outcomes do not come as quickly as expected.		<div></div>	3.85	↑
		<div></div>	2.75	×
7) ... adjusting their strategies as needed to achieve performance goals.		<div></div>	4.11	↑
		<div></div>	3.63	!
8) ... giving up short-term desires, comforts, or pleasures to achieve performance goals.		<div></div>	3.96	↑
		<div></div>	3.25	!

2023-24 Athletes: N = 27
2023-24 Coaches: N = 8



Optimal performance:	Scores ≥ 4.5		✓
Maintain current focus and attention			
Approaching optimal performance:	Scores ≥ 3.75 and < 4.5		↑
Build on current focus and attention			
Area of opportunity:	Scores ≥ 3 and < 3.75		!
Intensify focus and attention			
Area of concern:	Scores < 3		×
Commit to intensive effort & focus on improvement			

Data Detail by Class: Sample Team A (2023-2024)



















1.1B	Student-Athlete Performance: Competitive Greatness		3.99	↑
			4.16	↑
			3.88	↑
	Performance of student-athletes on:			
	1) ... putting in the extra work and pushing outside their comfort zone to achieve team goals.		4.26	↑
			4.50	✓
			4.12	↑
	2) ... embracing opportunities for tougher competition and/or with more challenging opponents.		4.22	↑
			4.40	↑
			4.12	↑
	3) ... embracing healthy competition between teammates to achieve personal and collective best.		3.96	↑
			3.90	↑
			4.00	↑
	4) ... showing resilience, confidence, and resolve when facing setbacks or challenges.		4.04	↑
			4.10	↑
			4.00	↑
	5) ... embracing adversity without complaining, blaming, or making excuses.		3.48	!
			3.70	!
			3.35	!
	6) ... staying focused and committed when desired outcomes do not come as quickly as expected.		3.85	↑
			4.20	↑
			3.65	!
	7) ... adjusting their strategies as needed to achieve performance goals.		4.11	↑
			4.30	↑
			4.00	↑
	8) ... giving up short-term desires, comforts, or pleasures to achieve performance goals.		3.96	↑
			4.20	↑
			3.82	↑

2023-24 Athletes: N = 27
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Optimal performance:			
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Approaching optimal performance:			
Build on current focus and attention	Scores ≥ 3.75 and < 4.5		↑
Area of opportunity:			
Intensify focus and attention	Scores ≥ 3 and < 3.75		!
Area of concern:			
Commit to intensive effort & focus on improvement	Scores < 3		✗

Data Detail: Sample Team A (2023-2024)








2.2A	Coaching: Targeted Practice for Habit Development and Growth		4.18	↑
			4.09	↑
	Performance of coaches on:			
	41) ... creating practices that have purpose and intensity.		4.26	↑
			4.63	✓
	42) ... efficiently allocating team practice, workouts, and meeting time.		4.44	↑
			4.38	↑
	43) ... creating both harder and smarter practice experiences to maximize player and team performance.		4.37	↑
			4.13	↑
	44) ... simulating game conditions and pressure in practice to prepare student-athletes physically, mentally, and emotionally for peak performance.		4.11	↑
			3.88	↑
	45) ... targeting specific skills needed to meet the challenges arising throughout the season.		4.15	↑
			4.25	↑
	46) ... providing personalized feedback and coaching to ensure continued growth of every student-athlete.		4.15	↑
			4.00	↑
	47) ... practicing game situations that require student-athletes to adjust to new roles/positions or strategies.		3.89	↑
			3.75	↑
	48) ... using adverse circumstances or conditions as opportunities for skill improvement.		4.04	↑
			3.75	↑

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Data Detail by Class: Sample Team A (2023-2024)

2.2B	Coaching: Targeted Practice for Habit Development and Growth		4.18 ↑
			4.45 ↑
			4.01 ↑
	Performance of coaches on:		
	41) ... creating practices that have purpose and intensity.		4.26 ↑
			4.60 ✓
			4.06 ↑
	42) ... efficiently allocating team practice, workouts, and meeting time.		4.44 ↑
			4.60 ✓
			4.35 ↑
	43) ... creating both harder and smarter practice experiences to maximize player and team performance.		4.37 ↑
			4.60 ✓
			4.24 ↑
	44) ... simulating game conditions and pressure in practice to prepare student-athletes physically, mentally, and emotionally for peak performance.		4.11 ↑
			4.70 ✓
			3.76 ↑
	45) ... targeting specific skills needed to meet the challenges arising throughout the season.		4.15 ↑
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			4.10 ↑
			3.76 ↑
	48) ... using adverse circumstances or conditions as opportunities for skill improvement.		4.04 ↑
			4.20 ↑
			3.94 ↑

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for **Optimal Performance**



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