BASEBALL TEAM
MENTAL TRAINING FEEDBACK

1. What are you enjoying in your participation on the baseball team?

2. What do you need from your coaching staff to meet your goals? How can we help?

3. What can you do to contribute to meeting the team goals?

4. Write three positive sentences about this year's team.

5. Write three positive sentences regarding yourself as a baseball player.

6. Write three goals that you would like the team to have this season. Please be realistic.
   a.
   b.
   c.

7. How are you progressing in meeting your goals? Are you establishing new goals? What are they.

8. What do you need from your coaches to meet your needs?

9. What are you finding most useful in the mental training?
10. What do you need to get more out of the mental training?

11. Rate the following: 

<table>
<thead>
<tr>
<th>Training Type</th>
<th>A</th>
<th>B</th>
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</thead>
<tbody>
<tr>
<td>Concentration Training</td>
<td></td>
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<tr>
<td>Relaxation Training</td>
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<tr>
<td>Imagery Training</td>
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<td>Monitoring Self-talk</td>
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<td>Centering Techniques</td>
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<tr>
<td>Group Discussions</td>
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<tr>
<td>Feedback Sheets</td>
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<tr>
<td>Individual Talks in gym</td>
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(A) Benefit          (B) Time
5 Extremely Helpful  Much More
4 Very Helpful        More
3 Somewhat Helpful    Less
2 No Benefit          Eliminate

12. What do you want Ken to do during games to help you out in developing and refining your mental skills? (i.e., stay away, talk with me at times...)

13. Describe your level of arousal that is needed for hitting and fielding or pitching.

14. List what you do before a game to manage your arousal level.

15. How do you experience or manifest the stress?

16. What do you do to regulate yourself during warm-ups?

17. What do you do to regulate yourself during the game?
18. What do you do to get mentally prepared to bat?


20. What do you do to let go of bad plays?