

# **Pilot Scope Summary**

## **The Five Athlete Mindsets**

### **What it is**

A focused implementation designed to help athletes and coaches understand how performance behavior changes under pressure so they can prepare better, reset faster after mistakes, and recover more effectively after performance.

### **Purpose**

The pilot is built to prove fit, usefulness, and adoption in a real team environment before broader rollout.

### **What's included**

- staff kickoff and success-definition alignment
- whole-team framework introduction
- assessment for a selected pilot athlete group
- athlete pressure profiles for the pilot group
- Athlete Action Profiles with Prepare / Reset / Recover plans
- coach communication guidance
- limited Team Mindset Snapshot
- weekly reinforcement and check-ins
- baseline and closeout comparison
- final closeout report with next-step recommendation

### **Recommended standard pilot**

- 6–8 athletes
- 6 weeks
- whole-team introduction with selected-athlete depth

### **What it helps improve**

- athlete self-awareness under pressure
- response to mistakes and disruption
- post-performance recovery habits
- coach-athlete communication
- team language around pressure
- more repeatable routines before, during, and after competition

## **What is intentionally not included**

- full-roster assessment
- full Team Mindset Map
- full-team athlete action profiles
- full-season implementation
- deep staff certification or advanced training
- expanded analytics or advanced reporting dashboards

## **What success looks like**

- athletes better understand what throws them off
- athletes use more repeatable Prepare / Reset / Recover routines
- coaches recognize different pressure patterns more clearly
- communication improves
- the program sees enough value to evaluate broader rollout

## **Why teams start here**

The pilot gives programs a low-friction way to experience the framework in a real setting, generate useful evidence, and decide whether broader implementation is the right next step.

## **Next step after a successful pilot**

Expanded Pilot, Beta Implementation, or broader Full Implementation depending on fit, timing, and team goals.