

Midwest Basketball Team

Mental Edge Performance Report

Building Mental Fortitude: A Season of Growth Across 15 Core Mindset Attributes

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This report captures athlete growth through the AEA Active Brain Management (ABM) program. Athletes completed pre- and post-program Mental Fitness Assessments and participated in MindSprints—short reflective exercises connecting performance psychology to real life on and off the court.

Assessments evaluate performance across the AEA Institute's 15 core Mindset Attributes—including discipline, resilience, focus, adaptability, and emotional stamina. Two comparative views are included: growth from Pre- to Post-Assessment, and Post-Assessment results against the AEA National Athlete Database. Together they show internal growth over time and performance relative to national benchmarks.

MindSprint reflections complement the quantitative data by showing how athletes apply program concepts in practice, competition, and daily life. The combined picture highlights measurable mindset growth, increased self-awareness, and stronger team dynamics that coaches can use to reinforce progress and leadership development.

Athlete Assessment Highlights

This section presents an individual breakdown for athletes who completed more than one assessment, using the same standardized measurement model across all assessment points.

Athlete A

Pre-Score: 178 | 30-Day: 271 | % Change: +52.25%

Athlete A improved 52.25% over the first 30 days—a marked shift in focus, discipline, and emotional regulation reflecting strong engagement with mindset training. This trajectory points to improved composure under pressure and growing confidence, moving from inconsistency toward structured mental control.

Athlete B

Pre-Score: 241 | 30-Day: 309 | % Change: +28.22%

Athlete B grew 28.22% in 30 days, reflecting strengthened focus, discipline, and competitive composure. The improvement suggests better emotional regulation and greater confidence under pressure—the mental stability to sustain effort, reset, and compete with controlled intensity.

Athlete C

Pre: 319 | 30-Day: 296 | 60-Day: 332 | 90-Day: 356 | % Change: +11.60%

Athlete C improved 11.60% across 90 days. A temporary 30-day dip gave way to a strong rebound through 60 and 90 days, highlighting resilience and the ability to re-engage with intentional habits. The data reflects an athlete who recalibrates, sustains focus, and builds consistency as the season progresses.

Athlete D

Pre: 227 | 30-Day: 235 | 60-Day: 294 | % Change: +29.52%

Athlete D grew 29.52% overall. After slight early movement, the 60-day results show clear acceleration in focus, discipline, and emotional regulation—indicating deeper integration of training over time and growing confidence and adaptability under pressure.

Athlete E

Pre-Score: 270 | 30-Day: 298 | % Change: +10.37%

Athlete E showed steady 10.37% growth in 30 days, with stronger focus, emotional balance, and competitive discipline. The movement points to improved composure and greater stability in response patterns during competition.

Athlete F

Pre-Score: 293 | 30-Day: 311 | % Change: +6.14%

Athlete F improved 6.14% over 30 days, reflecting strengthening focus, discipline, and emotional regulation. This upward trend suggests improved composure and greater stability under competitive pressure.

Athlete G

Pre-Score: 223 | 30-Day: 255 | % Change: +14.35%

Athlete G posted solid 14.35% growth in 30 days, developing focus, resilience, and emotional regulation. The improvement indicates greater adaptability under pressure and the consistency to reset effectively and sustain confidence.

Athlete H

Pre: 258 | 30-Day: 286 | 60-Day: 336 | % Change: +30.23%

Athlete H grew 30.23% with a steady rise from pre to 60 days, reflecting increasing discipline, focus, and emotional regulation. This trajectory suggests enhanced composure and the resilience to sustain high-level execution throughout the season.

Athlete I

Pre: 240 | 30-Day: 281 | 60-Day: 333 | % Change: +38.75%

Athlete I improved 38.75% with steady gains from pre to 60 days in focus, resilience, and emotional regulation. This trajectory points to increased composure in high-demand moments and a strengthening ability to reset, sustain intensity, and execute with consistency.

Athlete J

Pre-Score: 256 | 30-Day: 231 | % Change: -9.77%

Athlete J's 30-day score reflects a 9.77% dip. Temporary regression is not uncommon early in mindset training, as increased self-awareness can heighten internal pressure. This is an opportunity for recalibration—with reinforced composure routines and reset

strategies, this athlete can stabilize patterns and convert awareness into growth.

Athlete K

Pre-Score: 233 | 30-Day: 276 | % Change: +18.45%

Athlete K grew 18.45% in 30 days, with meaningful gains in focus, confidence, and emotional regulation. This trajectory suggests improved resilience and the consistency to reset, sustain intensity, and execute with growing confidence.

Athlete L

Pre: 247 | 30-Day: 267 | 60-Day: 268 | 90-Day: 299 | % Change: +21.05%

Athlete L improved 21.05% across a full 90-day period. The consistent upward progression reflects strengthened focus, emotional regulation, and competitive discipline—building the stability and attentional control to execute with consistency all season.

Athlete M

Pre: 270 | 30-Day: 309 | 60-Day: 320 | 90-Day: 341 | % Change: +26.30%

Athlete M grew 26.30% across 90 days with steady progression in focus, discipline, and emotional regulation. This rise through each window suggests increasing composure and the confidence to execute with stability, sustain intensity, and lead through reliable effort.

Assessment Comparison Highlights

These aggregated views show overall mindset change and benchmark positioning across the 15 AEA Mindset Attributes. The Pre- to Post-Assessment table measures directional growth from baseline to post-program. The Post-Assessment vs National table places results alongside national averages to show where the team performs above competitive norms. All figures use the same standardized scoring model.

Mindset Growth: Pre-Assessment to Post-Assessment

Mindset Category	Pre Mean	Post Mean	% Change
Mental Fortitude	2.70	3.95	46.3%
Emotional Stamina	3.22	4.15	28.9%
Focus	3.08	3.88	26.0%
Resilience	3.18	3.85	21.1%
Self-Development	3.48	4.18	20.1%
Perseverance	3.47	4.10	18.2%
Challenge Mastery	3.47	4.08	17.6%
Grit	3.63	4.25	17.1%
Reflection	3.63	4.25	17.1%
Discipline	3.52	4.03	14.5%
Adaptability	3.30	3.75	13.6%
Tenacity	3.87	4.22	9.0%
Teamwork	3.87	4.20	8.5%
Ambition	3.67	3.95	7.6%
Curiosity	3.62	3.78	4.4%

Post-Assessment vs National Baseline

Mindset Category	Post Mean	National Mean	Diff vs National
Emotional Stamina	4.15	3.29	+0.86
Reflection	4.25	3.53	+0.72
Mental Fortitude	3.95	3.27	+0.68
Self-Development	4.18	3.55	+0.63
Grit	4.25	3.66	+0.59

Mindset Category	Post Mean	National Mean	Diff vs National
Tenacity	4.22	3.64	+0.58
Challenge Mastery	4.08	3.52	+0.56
Discipline	4.03	3.50	+0.53
Perseverance	4.10	3.58	+0.52
Teamwork	4.20	3.82	+0.38
Ambition	3.95	3.58	+0.37
Focus	3.88	3.59	+0.29
Resilience	3.85	3.56	+0.29
Adaptability	3.75	3.46	+0.29
Curiosity	3.78	3.57	+0.21

Mindset Minutes

Mindset Minutes represent total time athletes actively engaged in the Mental Edge program—assessments, MindSprints, and other structured exercises. Rather than measuring outcomes, they reflect process and consistency: how often and how intentionally athletes engaged over time, offering context for program utilization and athlete buy-in.

Mental Edge Mindset Minutes	
Total Completed	19,616 minutes
Total Team Touchpoints	4,822
Average Mindset Minutes per Athlete	1,378 minutes
Participation Rate	100%

Standout Performers & Engagement Highlights

These recognitions honor athletes who showed exceptional commitment and growth—top Mindset Minute leaders, the Mindset Growth Leader, and a MindSprint Engagement Spotlight.

Top 3 Mindset Minutes Leaders

- Athlete C — 1,876 minutes
- Athlete M — 1,812 minutes
- Athlete F — 1,572 minutes

Mindset Growth Leader

Athlete A — 52.25% Growth. Athlete A showed exceptional growth across key mindset attributes, reflecting consistent engagement, openness to feedback, and a strong commitment to applying Mental Edge strategies.

MindSprint Engagement Spotlight

Athlete I consistently showed thoughtful engagement through the MindSprint process, with a clear shift toward intentional focus, emotional regulation, and team-centered leadership. These reflections highlighted a growing ability to reframe pressure, stay grounded through adversity, and compete with confidence and purpose.

Five Key Takeaways for Coaching

Measurable Growth Across Core Drivers

The team improved across all 15 Mindset Attributes, led by mental fortitude (+46.3%), emotional stamina (+28.9%), focus (+26.0%), and resilience (+21.1%)—internalizing habits that support composure and performance under pressure.

Strong Positioning Above National Benchmarks

Post-Assessment results exceeded national averages in every category, with the largest edges in emotional stamina (+0.86), reflection (+0.72), mental fortitude (+0.68), and self-development (+0.63).

Rapid Adoption of Mental Performance Tools

High individual growth—led by Athlete A (+52.25%), Athlete I (+38.75%), and Athlete H (+30.23%)—plus 100% participation and 4,822 touchpoints signals strong buy-in and active engagement with MindSprints and assessments.

Increased Emotional Regulation and Maturity

Teamwide gains in emotional stamina, reflection, and grit indicate improved self-awareness and energy management—greater ability to reframe pressure, recover from setbacks, and sustain confidence.

Culture of Accountability and Preparation

Full participation and high average Mindset Minutes (1,378 per athlete) reflect a shared commitment to the mental side of performance and a unified culture of intentional preparation and composure.

Thank You for Your Commitment and Leadership

The AEA Mental Edge team thanks your coaching and athlete development staff for their commitment to performance excellence, intentional growth, and the well-being of your athletes. Your investment in mindset development shows clearly in measurable gains across focus, resilience, emotional regulation, and mental fortitude, alongside full participation throughout the program.

It has been a privilege to support your program through the Active Brain Management framework. For additional insights, reinforcement strategies, or ongoing support, our team is here to help.

With appreciation,

The AEA Mental Edge Performance Team

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