



## ISPAN'S Customized PSYCHOLOGICAL EVALUATION REPORT

**Name: Lalithya M Gowda**

**Age: 10**

**Sports: Swimming**

**Level of sports: Competitive**

**Coach: Karthik/ Rashmi**

**Academy: Floating Arena**

### PSYCHOLOGICAL EVALUATION

	Low	Moderate	High
<u>Competitive Behavior questionnaire</u>	✓		
<u>Sport competition anxiety test</u>		✓	

#### **Recommendation:**

- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training