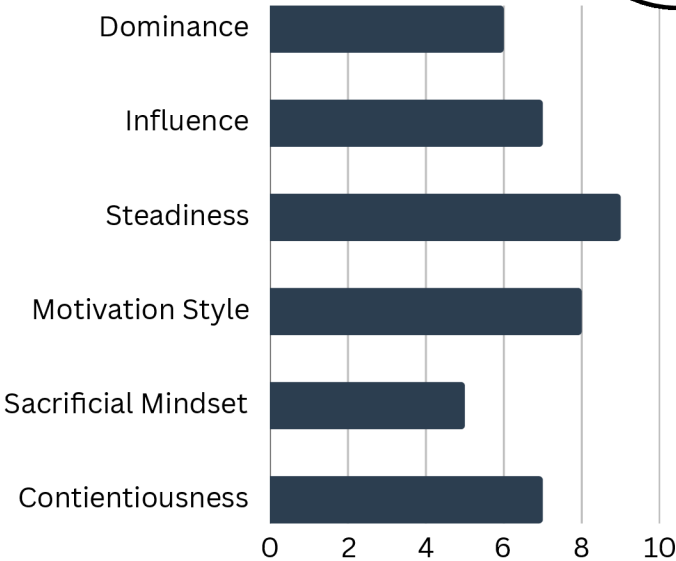
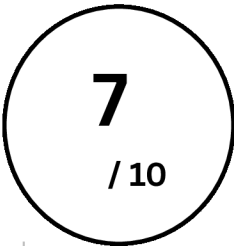


# JASON BARNES

Age: 16 Class: 2028 School/Team: Your High School



## Competitive DNA Snapshot



Athlete shows strength in steadiness and motivation. Could use work on willingness to be team first

## APEX MENTALITY SCORE



*“I embrace the grind other people run from.”*

Developmental Tier Legacy

Training Focus Expand emotional regulation

Ideal Coaching Elemental

Next Action Quarterly reassessment mentorship

## API Category Summary

|                        |     |
|------------------------|-----|
| Competitive Exectution | 9   |
| Mental Resilience      | 8.5 |
| Leadership Readiness   | 8.0 |
| Growth Capacity        | 9.5 |
| APEX DNA Intergration  | 8.2 |

Development Tier:  
Legacy

## Apex Mindset Profile

This athlete demonstrates a deeply internalized understanding of effort and accountability, clearly believing that “what’s done in the dark will be revealed in the light.” They trust that consistent work behind the scenes will eventually pay off—an essential foundation for long-term growth.

Their relationship with failure is personal: it’s not about letting others down, but letting themselves down. This internal compass fuels a strong desire to be the best on their team and motivates them to approach every training session with an improvement-first mentality. That said, their answers suggest this motivation is more self-driven than coach-directed, which is a powerful but sometimes volatile dynamic depending on how they process adversity.

Preparation-wise, the athlete is proactive—focusing on shooting, ball-handling, and individual skill work. When cleared to play after injury, their instinct is to push through, showing mental toughness but also suggesting a need for coaching around long-term recovery thinking and injury risk awareness.

Mornings don’t seem to be a challenge for this athlete; they’re naturally driven by a desire to stay active and productive. Criticism, however, triggers a reflective process that leads to trying to “prove others wrong.” This is a classic competitor's reaction, but it also hints at emotional sensitivity to external judgment.

Their legacy focus is about resilience—“not giving up”—which complements their willingness to support teammates when benched, even though it “would for sure make them mad.” This emotional honesty signals passion, but also suggests they may wrestle with feelings of self-worth when not contributing directly.

Discipline, to them, means doing things even when they don’t want to—a mature perspective—and they define off-days as a chance to mentally and physically reset, showing signs of balance and awareness.

There are two notable growth areas:

- Film study is minimal. This athlete could benefit from developing better habits around self-scouting and performance review.
- Their relationship with discomfort is conflicted. They describe being “often uncomfortable being uncomfortable,” signaling that they’re not yet fully at peace with the grind it takes to grow under pressure.

Finally, they admit that while they’d still train alone without praise or feedback, they wouldn’t train “as hard.” This is a subtle but important insight: this athlete thrives on external reinforcement. Building a mindset that can self-generate validation might be the next level in their mental evolution.