

COMPATIBILITY OF THE 8 TAP ATHLETE TYPES

EQUAL STATUS PAIRS e.g., TEAMMATES

good for understanding how well they will get along; useful for selecting roommates, etc.

	 Low Friction		 Moderate Friction			 High Friction		
	Rocket	Maverick	Ice	Trailblazer	Eagle	Musketeer	Knight	Engineer
Rocket								
Maverick								
Ice								
Trailblazer								
Eagle								
Musketeer								
Knight								
Engineer								

See detailed descriptions below on each pair of Athlete Types.

Rocket-Rocket

Low friction; prone to groupthink; industrious. If the duo is very similar, like having the same major, playing the same sport, etc., the competition between the two could lead to conflict.

Tip: someone needs to play devil's advocate; both need to stop competing with the other one

Rocket-Maverick

Friction when Maverick wants to rethink a decision but low friction overall.

Tip: Rocket encourages Maverick to think bigger, outside the box. Maverick should be careful to not shoot down Rocket's idea but also offer some cautionary advice.

Rocket-Ice

Ice thinks Rocket is cocky and may resent his/her confidence. Rocket will not want to hang out with Ice very much and probably avoid him/her.

Tip: Rocket avoids bragging to Ice and tries to be humble. Ice needs to realize that Rocket sees things in a positive light and maybe Ice should do more of this

Rocket-Trailblazer

Friction when they work on a task together; Trailblazer too unstructured for Rocket

Tip: they can help each other by agreeing to brainstorm when they work on a task together but there should be a time limit on this, like 20 minutes.

Rocket-Eagle

Low friction; Eagle thrives when Rocket is their buddy

Tip: Rocket needs to know that Eagle likes structure and systematic ways of doing things. Eagle needs to tap into Rocket's ability to go with the flow and adapt when the unexpected happens.

Rocket-Musketeer

Musketeer may feel Rocket uses people, rushes decisions. Rocket will ignore Musketeer's signs of disapproval. Moderate friction overall

Tip: Rocket should be sensitive/aware of Musketeer's disapproval and engage in discussion about this, not brush it off. Musketeer needs to be less judgmental and defensive.

Rocket-Knight

Knight will defer to Rocket; Knight may feel Rocket needs to be more serious; low friction.

Tip: Rocket should communicate their assessment of how serious something is to Knight. Knight needs to bounce things off of Rocket and lighten up a bit.

Rocket-Engineer

Engineer's inhibited style irritates Rocket; the two often see things very differently; potential for high conflict.

Tip: Rocket needs to engage Engineer in discussions more and do other things to help Engineer come out of his/her shell. Engineer needs to open up more and be more spontaneous.

Maverick-Maverick

Low friction but if a Maverick=Maverick pair are unconventional in opposite ways, then a problem. The pair may come up with some screwy ideas. However, despite the compatibility, these two might be bad paired up for tasks that require discipline such as weight training (they are both prone to cutting corners).

Tip: one of them or both need to stop for a minute and notice what others are thinking/doing. Both should be on the lookout for the tendency to go against the grain and point this out to the other person.

Maverick-Ice

High friction; Maverick thinks Ice is boring and judgmental; Ice thinks Maverick is irresponsible and too loud.

Tip: Maverick should acknowledge Ice's opinion even if he/she does not agree and Maverick needs to do a better job of listening to Ice. Ice needs to be less judgmental of Maverick and once in a while do something fun and out of the ordinary with Maverick.

Maverick-Trailblazer

Low friction; both have similar interests and views; Maverick likes Trailblazer's artistic side.

Tip: Maverick can offer Trailblazer practical advice and a more tangible focus. Trailblazer should use caution when Maverick suggests a change

Maverick-Eagle

High friction; heated debates. Eagle is very conventional and conforming, Maverick is the opposite. They irritate each other often. However, despite the potential high friction, these two might be good paired up for tasks that require discipline such as weight training (the Eagle can keep the Maverick in line).

Tip: Maverick should stop and listen to Eagle and think more about the right timing to do and say things. Eagle should cut Maverick some slack and pick battles wisely; i.e., let go of some of the little things that Maverick does that bugs Eagle.

Maverick-Musketeer

Low friction; their styles compliment each other; Maverick may take advantage of Musketeer; Musketeer may feel Maverick talks too much

Tip: Maverick needs to ask for Musketeer's help and opinion, especially if Maverick is thinking about changing directions. Maverick needs to talk less, listen more. Musketeer needs to speak up and tell Maverick what he/she is thinking. Musketeer needs to try to do things as quickly as Maverick does them.

Maverick-Knight

Moderate friction but varies more than other pairs. They are opposites but traits compliment: Maverick talks, Knight listens. Maverick has high social needs, Knight is low in this. Some of these pairs become close friends.

Tip: Maverick should use Knight as a sounding board when facing tough decisions and seek Knight's opinion of a guiding principle. Knight should do the same – use Maverick as a sounding board for sizing up the specific situation and consider adapting to the situation (be more flexible) instead of adhering to the principle no matter what the circumstance.

Maverick-Engineer

Friction is more one way. Maverick can ignore Engineer's 'faults' and not be irritated, shrug it off. Engineer will find Maverick a mystery, hard to figure out and illogical, which Engineer dislikes.

Tip: Maverick should take the time to explain to Engineer his/her thought process in taking action, making decisions, etc. so that Engineer can realize Maverick is not just haphazard and winging it. Engineer should be less judgmental of Maverick and ask questions to help Engineer understand Maverick's frame of reference. Engineer should also be more willing to ask for Maverick's advice.

Ice-Ice

Low friction. The tendency to perceive things worse than they really are could feed off of each other, working the pair into frenzy.

Tip: both may need to go outside the two of them to get the right perspective on something, in other words involve a 3rd party. When something goes wrong for either Ice, have the other person try to suggest at least one or two 'silver lining' or positive things resulting from the experience.

Ice-Trailblazer

Low friction. Trailblazer may feel Ice needs to lighten up while Ice may perceive Trailblazer as lacking discipline. They will feed off each other's energy in a positive way.

Tip: A needs to ask B's advice, especially when A can't see the upside of some option. B should ask A for ideas regarding forming an action plan

Ice-Eagle

Moderate friction. Ice will see Eagle as kind of fake or phony and shallow. Eagle may see Ice as kind of a slob. Eagle will let Ice always take the blame. Ice will feel Eagle always has a pat answer for everything.

Tip: Ice can help Eagle by pointing out the difference in being organized just for the sake of being organized and being organized for a set goal or purpose. Ice can also help Eagle by tending to the little things more, like picking up after himself/herself. Eagle needs to be more willing to share the blame with Ice when something goes wrong for the pair. Eagle needs to be less picky about some of Ice's petty habits.

Ice-Musketeer

Moderately low friction. Ice thinks Musketeer is too forgiving of others. Musketeer will see Ice as too competitive and 'hyper' about things. Musketeer will encourage Ice to socialize more and might build Ice's confidence. Musketeer will be a help when Ice is going through a tough time.

Tip: Ice needs to be more patient with Musketeer, especially about tending to the relationship and Musketeer's feelings rather than being in a big hurry and always focusing on the task. Musketeer can help Ice be less self-critical and encourage Ice to "stop and smell the roses" instead of always pushing towards goals.

Ice-Knight

Low friction but this may not mean the relationship is healthy. They both tend to throw a pity party. Both do a poor job of rallying back from a mistake. Knight will be territorial and possessive. Ice will feel Knight is hiding something and holding back, not trying to become a friend.

Tip: Ice should try to get Knight to open up and talk about it, get things off his/her chest. Knight should open up to Ice more often. Knight should encourage Ice to see the silver lining when Ice is going through a difficult time.

Ice-Engineer

Moderate friction. Ice will see Engineer as a complainer. Engineer will admire Ice's striving. Both are moody and if something bad happened to the pair conjointly, they would be very (overly) upset. Not a good pair in a crisis situation. Most of the time Engineer defers to Ice.

Tip: Ice should offer suggestions for how to deal with something when Engineer complains or is dealing with a problem. Ice should let Engineer make some decisions, like if the two are ordering a pizza. Engineer should ask Ice's perspective on situations that Ice is dealing with.

Trailblazer-Trailblazer

Low friction. This pairing is fun loving, high spirited. They get along well but could be a bad combo—one can easily talk the other into doing something fun at the cost of being irresponsible. Example: highest rate of flunking out of college if dorm mates.

Tip: one of the two should try to stop and look at the situation in a more practical and realistic way when they are involved in a paired task, like buying groceries or arranging furniture in an apartment. If the pair is planning on purchasing something together, set a spending limit ahead of time.

Trailblazer-Eagle

High friction. Trailblazer is opposite of Eagle in that Eagle is practical. Eagle judges Trailblazer on everything. Bickering more than real heated arguments. Could be short-term friends but if one moves away, won't stay in touch. Many friction points: Trailblazer lives in the moment, Eagle dwells on past; Trailblazer wants the finer details to be beautiful, Eagle is spartan and cares less about decorations.

Tip: both must be willing to compromise, meet the other party halfway, even if Trailblazer feels he/she knows what Eagle will say, ask Eagle's opinion once in a while. When Eagle starts to make a decision or do something because of how it is judged by others, Trailblazer should ask Eagle how this will make him/her feel and if this is what Eagle really wants. Eagle should ask questions that will lend insight into Trailblazer's thinking and reasons why Trailblazer does things a certain way; if Trailblazer is getting ready to do something again, Eagle should remind Trailblazer of what happened last time.

Trailblazer-Musketeer

Most friction comes from Trailblazer being idealistic and Musketeer being pragmatic. Musketeer sees Trailblazer as reckless and out of touch. Trailblazer laughs off most of Musketeer's reservations but will heed some warnings. Musketeer will find Trailblazer's perspective refreshing. Low friction, a good match.

Tip: Trailblazer should use Musketeer as a sounding board. Musketeer should use Trailblazer when it is time to brainstorm or come up with an idea, like picking a topic for a research paper. Both Trailblazer and Musketeer like it when the other person opens up and shares personal thoughts and feelings.

Trailblazer-Knight

Trailblazer is much more social than Knight. Knight will seem territorial and possessive to Trailblazer. Knight wishes Trailblazer would respect limits and boundaries more. Moderate friction.

Tip: Trailblazer should try to respect Knight's boundaries more. Trailblazer should realize Knight likes Trailblazer to open up and share even if Knight does not show it, meaning Trailblazer should open up and share. Knight should also open up and share with Trailblazer. Knight should ask Trailblazer's opinion when Knight feels they are in a rut or boxed in.

Trailblazer-Engineer

The pair is poor at planning. Engineer will find Trailblazer kind of a mystery. Trailblazer will feel Engineer is a stick-in-the-mud and kind of a slob. Engineer will think Trailblazer is too hyper and maybe careless with money. Moderate friction but unlikely that they become friends.

Tip: Trailblazer should point out the positives when Engineer is dealing with a situation. Trailblazer should encourage Engineer to be more decisive and consider the upside of options, not just the downside. Engineer should be less judgmental of Trailblazer. Engineer should use Trailblazer as a sounding board for discussing things that are bothering Engineer.

Eagle-Eagle

Moderately high friction but covert. To the outside observer, it will seem like they like each other. They will mirror each other and in the right situations, will partner, such as if they are the two most popular people in their high school. Together, they may work hard to look good to others. They don't have friction over things like one being messy, the other tidy. Yet underneath, there is disapproval that comes from both directions. They manage to find a petty fault in the other person and then condemn them. They love to gossip.

Tip: both should watch out for the tendency to play one-upmanship; both should refrain about gossiping and talking behind the other's back; both need to be more direct and frank when talking to each other; both could have an honest discussion and share each other's pet peeves about people in general ("I hate it when someone interrupts me.")

Eagle-Knight

Very low friction. Knight will see Eagle as a bit insincere. Eagle may see Knight as a bit of a slob/couch potato but not highly likely. Eagle may feel Knight is too quiet socially but can live with it. They will peacefully co-exist.

Tip: Eagle needs to cut to the chase when talking to Knight; Eagle should realize Knight is like them – principle driven – but Knight's principles come from within, not what society or religion says, meaning Eagle should be tolerant of Knight's views. Knight needs to try harder to be tidy, organized and considerate of details when living or working with Eagle.

Eagle-Engineer

Moderate friction. Eagle will see Engineer as sloppy and undependable but feel sorry for her/him. Engineer will feel Eagle is too judgmental and picky about things. Eagle will not be very helpful if Engineer is having a tough time. Dislike is high but friction is more moderate because Eagle 'sets the record straight' quickly and then moves on. Eagle is usually the boss.

Tip: Eagle should be more generous with giving Engineer encouragement and support. Eagle should help Engineer get more organized and proactive (avoid procrastination). Engineer should ask for Eagle's help and advice without whining. Engineer should try to set a more professional tone when relating to Eagle instead of trying to make it totally personal.

Musketeer-Musketeer

Low friction. Could become very close friends. Not a good pairing if the situation requires one or both of them to decide and take action.

Tip: both should be on the outlook for when one of them ends of helping others so much that they are not looking out for himself/herself. / Either one should be reminded of deadlines and other downfalls if action and decision is delayed by the other one in the pair.

Musketeer-Eagle

Moderately low friction. Not a great deal of friction but the relationship could become unhealthy because Musketeer will be the enabler if Eagle has some problem—some co-dependency. Eagle dwells on the past; Musketeer is focused on present. Eagle will seem cold-hearted in Musketeer's eyes and perhaps selfish. Eagle will secretly wish to be more like Musketeer but this does not lead to liking Musketeer.

Tip: Musketeer should be frank with Eagle and avoid the trap of coming to Eagle's aid over and over for the same problem. Eagle can help Musketeer plan and organize tasks and can be less rigid about things like a schedule when Eagle and Musketeer are working on something together.

Musketeer-Knight

Moderate friction most of the time. Musketeer lets Knight make most decisions. Knight always plays by the rules. Musketeer wishes Knight would make some exceptions. Musketeer seems too social to Knight and Musketeer sees Knight as unfriendly to most people. They will usually go their separate ways when possible and have few mutual friends.

Tip: Musketeer should choose words carefully as Knight reads too much into Musketeer's remarks. Musketeer should be more assertive and vocal when a decision needs to be made by the pair. Musketeer should make an honest attempt to invite Knight along to some of Musketeer's social events. Knight should make some exceptions when Musketeer asks to do things differently instead of always following the same policy or guideline. Knight needs to send clear signals to Musketeer when Knight would like to be included or have Musketeer open up and share personal information

Musketeer-Engineer

Neither one can make a decision. Musketeer usually rises to be the alpha person. Musketeer tries to help Engineer at first but eventually gives up. Friction is moderate but varies—there will times of closeness and liking but more times of conflict and dislike over a longer period of time. Over time the tension builds so like by 2nd semester it is not good.

Tip: Musketeer should offer Engineer encouragement and point out things Engineer can be positive about when he/she is upset. Musketeer should be honest with Engineer but this should not be blunt—it should be gentle. Musketeer needs to help Engineer make decisions, especially when urgent action is needed. Engineer should ask for Musketeer's help when dealing with problems or faced with tough decisions.

Knight-Knight

Compatible, low friction in terms of conflict but always some underlying tension; bot are very private; irritation is over petty things.

Tip: both need to speak quicker, be the one who makes a move instead of waiting and thinking the other person will go first. Both need to strive to improve communication between each other by engaging each other and asking questions if not sure what the other one said. When working on a project together both need to be clear about each person's responsibility – who's going to do what?

Knight-Engineer

Knight usually is the alpha. Knight feels Engineer is kind of lazy or lax. Engineer feels Knight is indifferent to Engineer's struggles. Engineer feels Knight has a pat answer for everything. Moderate friction.

Tip: even if Knight thinks it is obvious what Engineer needs to do, Knight should throw out some options and then state which one Knight thinks Engineer should try ("You could do X or Y or even Z but I think Y will be

best. What do you think?") Engineer should ask Knight's advice when making decisions and dealing with problems.

Engineer-Engineer

Low friction but pair could be highly dysfunctional. They like to complain to each other about their problems. They can't make a decision. Misery loves company.

Tip: both should set a goal to share one positive thing that happened today and make it a habit to do this every day. One can lean on the other for help and vice versa but both should consider also bringing in a 3rd party. Both should focus on actions that can make the situation better and then one or both take action.