## PERSONAL DEVELOPMENT EVALUATION

We seek to develop the whole person. The following is an evaluation of personal development. Each characteristic is ranked [5 excellent, 1poor]. Skill and age are considered in the evaluation. Please communicate and partner with us to develop your child.

Attitude / Respect	Score	Comments
Towards Teammates		
Towards Coaches		
Work Ethic	Score	Comments
At Practice		
In Competition		
Sportsmanship	Score	Comments
At Practice		
In Competition		
Commitment	Score	Comments
To Practices		
To Outside Workouts		
Competitiveness	Score	Comments
At Practice		
In Competition		

Additional Comments:



## **TECHNICAL / SPEED EVALUATION**

Each discipline is ranked for technique [5 excellent, 1poor] & speed [time] as it relates to the athlete's current group. This should be compared to the team skills chart. Fives paired with hitting goal speed would suggest the athlete is ready to advance groups.

Swim	Score	Comments
Speed		
Technique		
Freestyle		
Backstroke		
Breaststroke		
Butterfly		
Starts & Turns		
Bike	Score	Comments
Speed		
Technique		
Handling		
Shifting		
Cornering		
Drafting		
Run	Score	Comments
Speed		
Technique		
Strength/Mobility	Score	Comments
Transitions	Score	Comments

Additional Comments:

We believe that coaching is a partnership between coach, athlete, and parents. The goal of this partnership is to not only achieve athletic goals but to develop the entire person in ways that will leave a lasting impact on his or her life.

This partnership is integral to our charge to "Live Red" as we seek to inspire the athlete to a level of greatness that cannot help but permeate into the other areas of his or her life

We ask that you partner with us to make this possible. This means communicating with us frequently and reinforcing the skills and personal development we are inspiring within your child at home.

This athlete evaluation is one part of this partnership. Please review, sign, and return to your child's coach.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Comments:





Athlete:
Current Team/Group:
Coach:

## ENDORPHIN**FITNESS**