

***Coach Evaluation by an Athlete***

**(1) Unsatisfactory (2) Needs Improvement (3) Meet Standard (4) Good (5) Very Good**

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|--|-----------|
| 1. The coach is very knowledgeable of the technical aspects of the sport.      | 1 2 3 4 5 |
| 2. The coach was well prepared for the practice.                               | 1 2 3 4 5 |
| 3. The coach was effective in communicating with me                            | 1 2 3 4 5 |
| 4. The coach was effective in motivating me to perform to my optimal level     | 1 2 3 4 5 |
| 5. The coach instilled competitive spirit within team members                  | 1 2 3 4 5 |
| 6. The coach instilled good sporting values within team members                | 1 2 3 4 5 |
| 7. The coach was a positive role model for me                                  | 1 2 3 4 5 |
| 8. I found the experience to be challenging                                    | 1 2 3 4 5 |
| 9. The coach helped us to succeed as athletes                                  | 1 2 3 4 5 |
| 10. The coach emphasized the importance of succeeding as students              | 1 2 3 4 5 |
| 11. The coach helped me balance academic and athletic priorities appropriately | 1 2 3 4 5 |
| 12. The coach emphasized the importance of treating officials with respect     | 1 2 3 4 5 |
| 13. The coach possesses good public speaking skills                            | 1 2 3 4 5 |
| 14. The coach presents a positive public image                                 | 1 2 3 4 5 |
| 15. The coach created good rapport with the athletes                           | 1 2 3 4 5 |
| 16. The coach has developed a strong overall program                           | 1 2 3 4 5 |
| 17. The program has definitely increased my knowledge in the sport             | 1 2 3 4 5 |
| 18. The program has definitely increase my competence in the sport             | 1 2 3 4 5 |
| 19. I would recommend this experience to others                                | 1 2 3 4 5 |
| 20. Overall, the coaching of this team was very effective                      | 1 2 3 4 5 |

OVERALL MARK TOTAL: \_\_\_\_\_

**CABC Coach Meter:**

- 75 – 100      **Excellent**, you are a well organized coach and have great communication skills. Keep up the good work and continue your coaching development through further training, education and certification!
- 50 – 75        **Good**, you have mastered some of the necessary skills but need to improve certain areas of your coaching expertise. Contact CABC and your PSO to find some resources available for your specific needs.
- 25 – 50        **Needs Improvement**, you could use some help in some areas of your coaching and would benefit from more interaction with other coaches in your sport and from exploring and accessing the considerable resources at CABC.
- 1 – 25         Please contact the CABC about signing up for the NCCP program to develop your coaching skills and to make you more comfortable and effective in fulfilling your coaching responsibilities. You have what it takes to become a great coach one day!