

Coach Assessment

Athlete Name: _____

Coach Name : _____ Program : _____ Date : _____

The coach plans, creates and supervises an environment in which athletes interact, learn, train, compete, progress and grow. Coaches cannot directly control the achievement of athletic results. Coaches can control though, many of the factors that contribute directly or indirectly to athletic performance and progression in training and competition.

Rank the coaching experience to date that you have received from your coach(es).

1. The **athlete** reports that:

a. I enjoy being in the coach's program and want to return for another season.

1 2 3 4 5
definitely do not agree very definitely agree

b. I learn a lot from the coach, not just ski racing skills, but also skills that would be helpful in other aspects of life.

1 2 3 4 5
definitely do not agree very definitely agree

c. the coach makes me feel confident.

1 2 3 4 5
definitely do not agree very definitely agree

d. the coach provides challenging training sessions.

1 2 3 4 5
definitely do not agree very definitely agree

2. Parents of the athlete report that:

a. their child enjoys the program and looks forward to participating in the program.

1 2 3 4 5
definitely do not agree very definitely agree

b. their child has the opportunity to develop friendships with other athletes in the program.

1 2 3 4 5
definitely do not agree very definitely agree

c. their child's self-esteem increased.

1 2 3 4 5
definitely do not agree very definitely agree

d. their child's skill and fitness level increased.

1 2 3 4 5
definitely do not agree very definitely agree

3. Both **Athletes and parents** report that:

a. the coach conducts him/herself in a mature manner.

1	2	3	4	5
definitely do not agree				very definitely agree

b. the coach always has the interests of the athlete as a primary concern.

1	2	3	4	5
definitely do not agree				very definitely agree

c. the coach is well organized.

1	2	3	4	5
definitely do not agree				very definitely agree

d. the coach demonstrates respect for each of the athletes being coached.

1	2	3	4	5
definitely do not agree				very definitely agree

e. the coach is able to communicate well with the athletes.

1	2	3	4	5
definitely do not agree				very definitely agree

f. the coach is able to communicate well with the parents.

1	2	3	4	5
definitely do not agree				very definitely agree

g. the coach provides good corrective instruction in a positive fashion.

1	2	3	4	5
definitely do not agree				very definitely agree

h. the coach is knowledgeable about alpine ski racing and about the development of athletes in the sport.

1	2	3	4	5
definitely do not agree				very definitely agree

j. the coach is an exemplary role model.

1	2	3	4	5
definitely do not agree				very definitely agree

Other Comments: