



# Quarterly Coaching Evaluation

Name: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Excellence

Good

Standard

Needs Work

## Professionalism:

Maintains a balanced separation of coach and athlete in class and out of class. Presents a professional and consistent demeanour at all times. Has learned how to express personality without compromising the perception of competency.

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## Warm up/RAMP:

Ensure the RAMP provides proper activity levels for priming of the body to do work. Activation of the area of focus for the WoD and establishes appropriate movement patterns for the exercises performed. Uses the warm up as time to teach and establish scales for athletes

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## Group Management:

Organizes and manages, both at the micro level (in each class), and at the macro level (gym). This includes starting on time, organization of the space, equipment, and participants for optimal flow and experience; planning ahead, safety, etc.

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## Seeing:

Discerns good movement from poor movement mechanics and identifies both gross and subtle faults whether the athlete is in motion or static.

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# Quarterly Coaching Evaluation

Name: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Teaching:

Effectively articulates and instructs the mechanics of each movement and they 'why' behind WoDs and movements. Consistently reviews coach's notes and announcements with the athletes in each class.

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## Presence and Attitude:

Creates a positive and engaging learning environment. Shows empathy for athletes and creates rapport. Demonstrates an ability to meet people where they are and adjusts coaching style accordingly.

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## Demonstration:

Provides athletes with an accurate visual example of the movement at hand. Is able to perform, use a demonstrator, or help an athlete visualize proper movement and technique.

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## Correcting:

Facilitates better mechanics for an athlete using visual, verbal, and/or tactile cues. Possesses a broad library of cues and drills that can be used to help teach an athlete.

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## General Notes: