Coaching Self Evaluation

**Strategy/Characteristic Rating (1 = Never; 5 = Always)**

I listen to my athletes 1 2 3 4 5

I am prepared for my season 1 2 3 4 5

I am positive 1 2 3 4 5

I give effective feedback 1 2 3 4 5

I am enthusiastic 1 2 3 4 5

I keep my cool 1 2 3 4 5

Athletes are treated equally 1 2 3 4 5

Athletes have fun 1 2 3 4 5

I speak respectfully 1 2 3 4 5

I individualize development 1 2 3 4 5

Practice times are effective 1 2 3 4 5

I model good body language 1 2 3 4 5

Parents are informed 1 2 3 4 5

I complete admin tasks timely 1 2 3 4 5

I continue to learn from others 1 2 3 4 5