

HEAD COACH SELF EVALUATION

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This is a self-evaluation tool. It is an aid for self-reflection on how you work with your athletes, staff and administration. We encourage you as the coach to keep a record of this evaluation and periodically review it as a means for your own personal growth.

Please rate yourself using the scale below. If you feel you do not have enough personal experience in one area, or a question does not apply to you in this circumstance, please answer NA for not applicable.

5 - at all times 4 - almost always 3 - sometimes 2 - not often 1 - not at all NA - not applicable or not able to answer

STRATEGIC PLANNING RATING		rating
1	I strive to remain current in advanced methods and techniques of my sport by reading, attending seminars-clinics, etc.	
2	I am confident in my knowledge of the skills and tactics necessary for my sport	
3	I instruct and coach sport specific skills effectively	
4	I know where to go for knowledge, resources, expertise and information that I may not have.	
5	I have a strong commitment to producing well-organized, focused and appropriate workouts.	
6	I have developed an annual and seasonal plan and have shared that with my assistants.	
7	I develop and follow a daily training plan with goals and objectives for each workout.	
8	Clear goals and expectations for performance have been set.	
9	My assistant(s) or discipline coaches are involved in the development of team training plans.	
10	I am an active participant with the NGB or my administration in the creation of strategic planning or short and long term objectives/performance goals.	
11	I am a good judge of talent.	
12	My athletes/team shows a pattern of improvement throughout the annual training cycle.	
13	My athletes/team have achieved the performance goals for the year.	
14	My athletes/team have improved their performance record, placing at major competitions, or achieving individual markers from the previous year.	
15	My methodology and teaching has had a positive impact on these results.	
16	I understand and adhere to the WADA-USADA anti-doping policies.	
Total for this section:		

Additional notes and considerations specific to your ability to strategically plan:

5 - at all times 4 - almost always 3 - sometimes 2 - not often 1 - not at all NA - not applicable or not able to answer

ATHLETE AND TEAM MANAGEMENT RATING		rating
1	I engage each athlete as an individual physically, mentally, and emotionally.	
2	I communicate the goals and objectives for workouts to the athletes.	
3	I actively listen to my athletes.	
4	I provide feedback to my athletes in a timely fashion.	
5	I provide feedback so that my athletes can make corrections to incorrect habits by providing them with instructional cues.	
6	I see mistakes as opportunities for improvement, rather than as a cause for reprimand or punishment.	
7	I provide clear instructions and invite questions and respond with respect.	
8	I effectively deal with conflict and disagreement.	
9	I deliver praise in front of the team and give constructive criticism privately.	
10	I regularly seek input from athletes.	
11	I accept constructive feedback from athletes.	
12	I strive to develop leadership skills in my athletes.	
13	I am aware of athletes or the team's morale and environment.	
14	I value and promote my athletes welfare outside of sport.	
15	There is a good level of retention and advancement with my athletes and teams.	
16	I inform the NGB or administration when I have concerns about an athlete's behavior or development.	
17	I effectively and comfortably delegate routine tasks and decisions.	
18	I promote core values that include accountability, team work, integrity and respect.	
Total for this section:		

Additional notes and considerations specific to your athlete and team management skills:

5 - at all times 4 - almost always 3 - sometimes 2 - not often 1 - not at all NA - not applicable or not able to answer

STAFF MANAGEMENT		rating
1	I communicate the goals and objectives for workouts to appropriate coaches.	
2	I can handle unexpected requests from staff and others.	
3	I gather sufficient information from available sources before making a decision.	
4	I communicate and treat assistant coaches and other team personnel with respect.	
5	I manage team personnel (trainers, assistant coaches, etc.).	
6	I present my athletes and coaching staff with the opportunity to learn, grow and develop.	
7	I remain composed, focused and effective under pressure and expect that of my staff.	
8	I feel that I balance/prioritize various responsibilities in my professional life and want that for my staff as well.	
9	I understand and adhere to the NGB's/USOC Coaching Code of Ethics.	
10	I demonstrate good sporting behavior in dealing with other teams, coaches, and officials.	
11	I conduct myself with integrity and professionalism on and off the court/field.	
12	I concentrate my efforts on the most important priorities.	
13	I provide clear direction and define priorities for the team and coaching staff.	
14	I monitor the athletes and coaching staff's ability to deliver.	
15	I encourage teamwork and cooperation between the coaching staff.	
16	I remove obstacles and provide resources as needed to assist athletes and staff in achieving their development goals.	
Total for this section:		

Additional notes and considerations specific to your staff management skills:

5 - at all times 4 - almost always 3 - sometimes 2 - not often 1 - not at all NA - not applicable or not able to answer

ADMINISTRATIVE DUTIES		rating
1	I handle tasks, projects, paperwork and assignments on time and with quality	
2	I manage personal and program/team travel arrangements in a timely manner.	
3	I provided requested budget information in a timely manner.	
4	I feel I am organized in the logistical administration and managing of my team and program.	
5	I am consistently within stated team/program budgets	
6	I attend all appropriate practices, team functions, and NGB or school functions whenever possible.	
7	I actively promote our team/program by engaging in community events or developmental activities.	
8	I promote our team/program by speaking at schools/clinics and write articles.	
9	I maintain good relationships with key personnel in the NGB or administration.	
10	I can marshal resources (people, funding, material, support) to get things done.	
11	I understand the direct correlation between my fulfilling of administrative responsibilities and it's impact on my team and staff.	
Total for this section:		

Additional notes and considerations specific to your administrative skills:
