

# Athletic Coach Self-Reflection Tool



Connecticut Interscholastic Athletic Conference

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### COACHES SELF-EVALUATION/REFLECTION

#### PERSONAL RATING SCALE:

- 1 – Insufficient/not done
- 2 – Done, but not satisfied or done infrequently
- 3 – Sometimes/average
- 4 – Done most of the time, satisfactory
- 5 – Always done, highly satisfactory

#### TEAM MANAGEMENT

- \_\_\_\_\_ 1. I remain contemporary by advancing my skills through clinics, readings, etc.
- \_\_\_\_\_ 2. I collaborate with others to advance my knowledge of my sport.
- \_\_\_\_\_ 3. I have the knowledge of skills and strategies necessary to coach my sport.
- \_\_\_\_\_ 4. I effectively use my knowledge to teach the skills of my sport.
- \_\_\_\_\_ 5. I effectively teach the tactics of my sport.
- \_\_\_\_\_ 6. I am an effective coach while my team is in competition.
- \_\_\_\_\_ 7. I plan well-organized practices each day, complete with goals for the day.
- \_\_\_\_\_ 8. I have a year round plan and a seasonal plan in place for my athletes.
- \_\_\_\_\_ 9. I use a well-conceived plan for selecting my team.
- \_\_\_\_\_ 10. I judge talent well.
- \_\_\_\_\_ 11. My athletes have shown improvement as the season progressed.
- \_\_\_\_\_ 12. I am an active participant in the coaches association or the conference.
- \_\_\_\_\_ 13. My team reflects my passion for my sport.
- \_\_\_\_\_ 14. I submit required paperwork in a timely fashion.
- \_\_\_\_\_ 15. I submit my scores to the news media as soon as possible after a contest.
- \_\_\_\_\_ 16. I adhere to CIAC rules as well as school policies.
- \_\_\_\_\_ 17. I have clearly stated goals and objectives for the season.
- \_\_\_\_\_ 18. My team knows the goals and objectives for the season.
- \_\_\_\_\_ 19. I interact with each of my athletes on a daily basis.
- \_\_\_\_\_ 20. I seek input from my athletes.
- \_\_\_\_\_ 21. I communicate effectively with each of my athletes.
- \_\_\_\_\_ 22. I communicate with my athletes parents.
- \_\_\_\_\_ 23. I do a good job of dealing with conflict or disagreement.
- \_\_\_\_\_ 24. My team's morale was good.
- \_\_\_\_\_ 25. I have regularly communicated my training rules and expectations to my athletes and their parents.

- \_\_\_\_\_ 26. I attempt to develop leadership skills in my athletes.
- \_\_\_\_\_ 27. My feedback to my athletes is effective and it is timely.
- \_\_\_\_\_ 28. I provide positive comments to my athletes, often in the form of praise.
- \_\_\_\_\_ 29. My athletes know that I care for them in their non-sports efforts.

### **STAFF RELATIONS**

- \_\_\_\_\_ 30. My staff knows my philosophy of coaching.
- \_\_\_\_\_ 31. I communicate the goals and objectives for practices with my coaches.
- \_\_\_\_\_ 32. I solicit input from my assistants before making major decisions.
- \_\_\_\_\_ 33. I treat assistants or other staff members with respect.
- \_\_\_\_\_ 34. I present opportunities for my staff to develop coaching skills.
- \_\_\_\_\_ 35. I conduct myself with professionalism at and away from my coaching venue.
- \_\_\_\_\_ 36. I provide clear direction for my coaching staff.
- \_\_\_\_\_ 37. My organizational skills set a good example for my staff.
- \_\_\_\_\_ 38. I encourage cooperation within my staff.

### **GENERAL RESPONSIBILITIES**

- \_\_\_\_\_ 39. My paperwork is submitted on time and it is done properly.
- \_\_\_\_\_ 40. All aspects of my program are well organized.
- \_\_\_\_\_ 41. I promote our program throughout the community.
- \_\_\_\_\_ 42. I maintain a good relationship with school administrators, teachers, staff, etc.

### **PERSONAL**

- \_\_\_\_\_ 43. I maintain an appropriate balance between my coaching efforts and my personal life.
- \_\_\_\_\_ 44. I show concern for others.
- \_\_\_\_\_ 45. My coaching efforts have been self-rewarding.
- \_\_\_\_\_ 46. My coaching efforts have positively influenced my student-athletes.

**List three things that you think went very well during the past season:**

**List three things that you might have done differently or better:**

**List three things that you will focus on throughout the next season:**