

Athlete self-assessment
To create a culture of EXCELLENCE

<p>Commitment</p> <p>What have done to be dedicated to your program in the last month as a athlete?</p> <p>Name 3 things that demonstrate your commitment to excellence.</p>	<p>1.</p> <p>2.</p> <p>3.</p>
<p>Respect</p> <p>How are you respectful towards your coach? How are you respectful towards your teammates?</p>	
<p>Self-Motivation</p> <p>What motivates you? How do you stay motivated?</p>	
<p>Flexibility</p> <p>In the last week how have you been both physically and mentally flexible? How have you been able to adapt to change?</p>	
<p>Strength</p> <p>How are you developing your physical and mental strength? What have you done in the last week?</p>	
<p>Ability to Problem Solve</p> <p>What was a problem you solved in the last month that you are proud of?</p>	

<p>Independence</p> <p>Name 3 things you did independently in the last practice. For example, did you do your rope climb without being prompted in hollow hold or put on your grips?</p>	<ol style="list-style-type: none"> 1. 2. 3.
<p>Competitive Spirit</p> <p>How were you competitive last practice?</p>	
<p>Work Ethic</p> <p>What does work ethic mean to you?</p>	
<p>Positive Role Model and Leadership</p> <p>Name 3 things that you did in the last week that demonstrate you in a leadership role or as a role model.</p>	<ol style="list-style-type: none"> 1. 2. 3.
<p>Communication</p> <p>How have you in the last month been open when communicating? Where did you demonstrate this?</p> <p>Do you look people in the eyes when you are speaking to them?</p>	<p style="text-align: center;">YES NO</p>