

Please mark an X to answer which comes closest. Leave Blank only if you are not a head coach of your team.

- | Yes | No | Relationships |
|-----|-----|--|
| ___ | ___ | 1 I prioritize relationships over results. |
| ___ | ___ | 2 I am on the bus every time the team travels. |
| ___ | ___ | 3 Every underclassmen knows exactly what improvements are needed for next year. |
| ___ | ___ | 4 I am able to directly confront difficult issues with composure and professionalism. |
| ___ | ___ | 5 I have deliberately made connections with fellow coaches from other sports. |
| ___ | ___ | 6 Each player has had at least one 1 v 1 conversation about their progress this season. |
| ___ | ___ | 7 Each player parent has had a personal 1 v 1 contact at some time in the season. |
| ___ | ___ | 8 I have a grasp on each of my players' academic performance. |
| ___ | ___ | 9 I am satisfied with my contact opportunities with lower level and Middle School teams. |
| ___ | ___ | 10 I understand the need to recharge, rest, and refuel emotionally on a regular basis. |

Mandatory-One Specific Goal for improvement related to one or more of the above:

- | | | Clear Common Message |
|-----|-----|--|
| ___ | ___ | 11 I utilized a team blog/web page/text / email message system of communication this season. |
| ___ | ___ | 12 I have intentionally taught a growth mindset and refuse to settle for "average". |
| ___ | ___ | 13 I have communicated clearly to parents prior to the season the out of pocket expenses involved. |
| ___ | ___ | 14 I have communicated clearly weekly practice schedules. |
| ___ | ___ | 15 I have stuck with beginning and ending practice times at least 90% of the time. |
| ___ | ___ | 16 The preseason parent meeting attendance was over 75%. |
| ___ | ___ | 17 A personal contact was made with all parents not represented in the parent meeting. |
| ___ | ___ | 18 When asked to return a call, I have always done so within 24 hours. |
| ___ | ___ | 19 I had a theme for the season. Our core values were stressed regularly. |
| ___ | ___ | 20 I am satisfied with how I clarify and acknowledge the roles of players and staff. |

Mandatory-One Specific Goal for improvement related to one or more of the above:

- | | | Growth Mindset |
|-----|-----|--|
| ___ | ___ | 21 I am demanding but not demeaning. Compelled to find improvement and growth. |
| ___ | ___ | 22 My communication to players in practice or games was at least 75% positive. |
| ___ | ___ | 23 Each player has been given measurable goals for improvement. |
| ___ | ___ | 24 I have emphasized the practice of gratitude as an aspect of mental toughness. |
| ___ | ___ | 25 I <i>expect</i> players to attempt to reach their full potential on a daily basis. |
| ___ | ___ | 26 Each practice is planned out ahead of time. |
| ___ | ___ | 27 In the heat of battle I remain positive in instruction, halftime speeches, etc. |
| ___ | ___ | 28 I am a role model of sportsmanship and character. |
| ___ | ___ | 29 I do not accept half-hearted effort in practices or games. |
| ___ | ___ | 30 I expected and regularly encouraged this team to reach beyond "good enough". |
| ___ | ___ | 31 When correction is needed, I find ways to communicate 1 v 1 whenever possible. |
| ___ | ___ | 32 I have a working knowledge of the X's and O's of my sport which improves each year. |
| ___ | ___ | 33 I have read at least two books in the last 12 months that have directly impacted my coaching. |
| ___ | ___ | 34 I have worked hard in the off season and pre-season to prepare for this year. |

Mandatory-One Specific Goal for improvement related to one or more of the above: