

# COACH EVALUATION – School: \_\_\_\_\_

(Approved by MIAA Coaches Education Instructors – 9/17/14)

Name: \_\_\_\_\_ Sport: \_\_\_\_\_ Level: \_\_\_\_\_

GOALS: Personal - \_\_\_\_\_

Team - \_\_\_\_\_

Program (3-5 years)- \_\_\_\_\_

**CATEGORIES**

**COACH COMMENTS**

## NATIONAL STANDARDS FOR SPORTS COACHES:

Philosophy & Ethics –

Safety & Injury Prevention –

Physical Conditioning –

Growth & Development –

Teaching & Communication –

Sport Skills & Tactics –

Organization & Administration –

Evaluation –

## EDUCATIONAL ATHLETICS:

Wellness (to empower students to make healthy life choices) –

Sportsmanship (to teach respect for self, team, opponents, officials, rules & the game itself) –

Coaches Ed (to provide resources for teacher-coaches who serve as curriculum instructors) –

Leadership (to promote the power of positive influence that student-athletes & teacher-coaches share as role models) –

Community Service (to recognize the privilege of athletic participation and the responsibility of giving back to the community) –

Pre-season meeting –

Certifications (AIC, CIC, First Aid, CPR, AED, other):

Courses taken (Concussion, other):

Records: Regular Season \_\_\_\_\_ Tournament (if applicable) \_\_\_\_\_

Final Evaluations:

Coach \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Evaluator - Recommendations: \_\_\_\_\_

Commendations: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## National Standards for Sport Coaches

### Domain 1 – Philosophy and Ethics

- Standard 1: Develop and implement an athlete-centered coaching philosophy.
- Standard 2: Identify, model, and teach positive values learned through sport participation.
- Standard 3: Teach and reinforce responsible personal, social, and ethical behavior of all people involved in the sport program.
- Standard 4: Demonstrate ethical conduct in all facets of the sport program.

### Domain 2 – Safety and Injury Prevention

- Standard 5: Prevent injuries by providing safe facilities.
- Standard 6: Ensure that all necessary protective equipment is available, properly fitted, and used appropriately.
- Standard 7: Monitor environmental conditions and modify participation as needed to ensure the health and safety of participants.
- Standard 8: Identify physical conditions that predispose athletes to injuries.
- Standard 9: Recognize injuries and provide immediate and appropriate care.
- Standard 10: Facilitate a coordinated sports health care program that includes prevention, care, and management of injuries.
- Standard 11: Identify and address the psychological implications of injury.

### Domain 3 – Physical Conditioning

- Standard 12: Design programs of training, conditioning, and recovery that properly utilize exercise physiology and biomechanical principles.
- Standard 13: Teach and encourage proper nutrition for optimal physical and mental performance and overall good health.
- Standard 14: Be an advocate for drug-free sport participation and provide accurate information about drugs and supplements.
- Standard 15: Plan conditioning programs to help athletes return to full participation following injury.

### Domain 4 – Growth and Development

- Standard 16: Apply knowledge of how developmental change influences the learning and performance of sport skills.
- Standard 17: Facilitate the social and emotional growth of athletes by supporting a positive sport experience and lifelong participation in physical activity.
- Standard 18: Provide athletes with responsibility and leadership opportunities as they mature.

### Domain 5 – Teaching and Communication

- Standard 19: Provide a positive learning environment that is appropriate to the characteristics of the athletes and goals of the program.
- Standard 20: Develop and monitor goals for the athletes and program.

- Standard 21: Organize practice based on a seasonal or annual practice plan to maintain motivation, manage fatigue, and allow for peak performance at the appropriate time.
- Standard 22: Plan and implement daily practice activities that maximize time on task and available resources.
- Standard 23: Utilize appropriate instructional strategies to facilitate athlete development and performance.
- Standard 24: Teach and incorporate mental skills to enhance performance and reduce sport anxiety.
- Standard 25: Use effective communication skills to enhance individual learning, group success, and enjoyment in the sport experience.
- Standard 26: Demonstrate and utilize appropriate and effective motivational techniques to enhance athlete performance and satisfaction.

#### Domain 6 – Sport Skills and Tactics

- Standard 27: Know the skills, elements of skill combinations, and techniques associated with the sport being coached.
- Standard 28: Identify, develop, and apply competitive sport strategies and specific tactics appropriate for the age and skill levels of the participating athletes.
- Standard 29: Use scouting methods for planning practices, game preparation, and game analysis.

#### Domain 7 – Organization and Administration

- Standard 30: Demonstrate efficiency in contest management.
- Standard 31: Be involved in public relation activities for the sport program.
- Standard 32: Manage human resources for the program.
- Standard 33: Manage fiscal resources for the program.
- Standard 34: Facilitate planning, implementation, and documentation of the emergency action plan.
- Standard 35: Manage all information, documents, and records for the program.
- Standard 36: Fulfill all legal responsibilities and risk management procedures associated with coaching.

#### Domain 8 – Evaluation

- Implement effective evaluation techniques for team performance in relation to established goals.
- Use a variety of strategies to evaluate athlete motivation and individual performances as they relate to season objectives and goals.
- Utilize an effective and objective process for evaluation of athletes in order to assign roles or positions and establish individual goals.
- Utilize an objective and effective process for evaluation of self and staff.