

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

- | Yes | No  | <b>Relationships</b>   |
|-----|-----|--|
| ___ | ___ | 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:

- |     |     | <b>Clear Common Message</b>  |
|-----|-----|--|
| ___ | ___ | 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:

- |     |     | <b>Growth Mindset</b>  |
|-----|-----|--|
| ___ | ___ | 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: