

# Athlete Evaluation

Coach Development Worksheet

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# Foreword

When evaluating an athlete, there is often multi-disciplinary crossover.

This may be between a home coach, NGB coach, physiotherapist, psychologist, nutritionist, parent, guardian, etc.

This worksheet has been developed to help you look at all of the information gathered from the athlete and athlete support personnel and get a clearer picture.

You can then use this moving forward to help to support you in the athlete's long term development.



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# Instructions:

## **Step 1: Information gathering**

The first step of the process is to gather all the information you have about the athlete. This can be directly from them, from performance metrics, and from any other athlete support personnel.

## **Step 2: Information sorting**

Organise the information into the worksheet below.

The first stage of information sorting is to decide whether the information is biological (ie. performance metrics, bodyweight), psychological (ie. stress, engagement) or social (ie. relationships, friendships)

The second stage is to identify whether this piece of information is a fact, opinion, or gossip.

## **Step 3: Evaluation**

Take a look at the information, raise and address any issues, identify which areas are going well, then these key findings to help you with your planning.





# Example:

Biological - fact	Biological - opinion	Biological - gossip
<p>Athlete recently made 98% of best total in training.</p> <p>Bodyweight is 2.5kg higher than where we need to be.</p>	<p>Home coach thinks athlete is in shape for this competition coming up.</p> <p>Athlete's physiotherapist thinks they need an extra cycle with more GPP.</p>	<p>Athletes guardian said the athletes training partner told them the athlete is skipping accessories.</p>
Psychological - fact	Psychological - opinion	Psychological - gossip
<p>Athlete has exam coming up, told me they are worried about it.</p>	<p>Athlete's guardian thinks the athlete should hold off from competition until they have finished college as the stress is too much for them at present.</p>	<p>Nutritionist heard from other athletes that the athlete is consuming excess alcohol.</p>
Sociological - fact	Sociological - opinion	Sociological - gossip
<p>Athlete has a partner.</p>	<p>Psychologist thinks the athlete does not have support provided in family relationships.</p> <p>Club coach thinks athlete has socialised well within the club.</p>	<p>Home coach heard from the athlete's teammates that the athlete has a 'rocky' relationship with partner which is causing them stress.</p>



Biological - fact

Biological - opinion

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Psychological - fact

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Sociological - fact

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Name:

Date:



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