**Self-evaluation questionnaire**

**Name: Date:**

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| **Communication Mostly** | **Sometimes** | **Never** |
| Did I reinforce the actions of the paddlers in a positive manner when they performed correctly? |  |  |  |
| Did I reward effort or the willingness to have a go? |  |  |  |
| Did I give compliments sincerely and honestly? |  |  |  |
| Did I use sarcasm or a put down to get my message across? |  |  |  |
| Did I give constructive and specific feedback? |  |  |  |
| Did what I say to the paddlers match what I demonstrated?  |  |  |  |
| Was I consistent and fair in my treatment of all paddlers?  |  |  |  |
| Did I over-coach during training by giving too many instructions or feedback? |  |  |  |
| Did I change my communication methods or explanations to suit the needs of individual paddlers? |  |  |  |
| Did I encourage the paddlers to have input into decisions/training activities and did I listen to them when they had something to say? |  |  |  |
| Did I reinforce rules and procedures fairly and consistently? |  |  |  |
| Did I treat paddlers in an equal, adult way and reinforced respect from all paddlers to other paddlers |  |  |  |
| **Motivation Mostly** | **Sometimes** | **Never** |
| Did I show the enthusiasm while coaching that I expect from the paddlers? |  |  |  |
| Did the paddlers have fun during the training? |  |  |  |
| Was I aware of any anxiety or nervousness experienced by the paddlers and did I help to reduce this? |  |  |  |
| Did I emphasise winning too much? |  |  |  |
| **Leadership Mostly Sometimes Never** |
| Was I prompt in arriving at training? |  |  |  |
| Was I well prepared and organised for the training session? |  |  |  |
| Did I follow a good structure by having on land warm up and cool down exercises? |  |  |  |
| Did my training session have a clear goal/s and was this articulated to the paddlers? |  |  |  |
| Was my training session varied and interesting so that it challenged all paddlers and developed technique and confidence? |  |  |  |
| Did some paddlers get constant attention and comments so that it made the session unpleasant for them? |  |  |  |
| Was I able to analyse skills and correct technique errors when they occurred? |  |  |  |
| Did I exercise self-control in situations that made me angry or where my decision making or ability was questioned?  |  |  |  |
| Was I sensitive to the individual needs of all the paddlers – did I check their health status? |  |  |  |
| Did I follow acceptable child protection policy practices? |  |  |  |
| Did I get permission from paddlers before I touched them when giving feedback and demonstrating the stroke  |  |  |  |
| Did I personally demonstrate good sporting behaviour? |  |  |  |
| Did I argue with, or complain about other paddlers or officials or parents? |  |  |  |
| Was I patient and tolerant with all paddlers, regardless of individual skill levels? |  |  |  |

*Adapted from a questionnaire by Maureen Weiss, Institute for the Study of Youth Sports, state of Michigan, USA, published in AUSSIE SPORT ACTION, Spring 1992, page 25, Australian Sports Commission, Canberra.*

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| Things I do well as a coach |  |
| Things that need improving |  |
| What will I do to improve these? |  |