



End of Season Evaluation
Short Course 2016-2017

NAME _____

1. Rate yourself on the following on a scale of 1-5; 5 being the most and 1 being the least.

_____ Overall Respect for your Team, Teammates, Coaches and Competitions _____

_____ Overall Discipline _____

_____ Overall Dedication _____

_____ Support of your Teammates _____

_____ Daily attitude in the water _____

_____ Daily effort in the water _____

_____ Daily attitude about dryland _____

_____ Daily effort in dryland _____

_____ Attitude about races and meets _____

_____ Efforts at races and Meets _____

2. Do you feel like you are improving? (Y/N) *Use the back to explain if the answer is No.)
3. Name 5 Things you did well this season. *Use the back or another sheet.
4. Name 5 Things you would like to improve about your season. *Use the back or another sheet.
5. Did you have FUN this season?
6. If you had any "do-overs" what would they be?