



SELECTING ASSESSMENT CRITERIA

Step 1. Identify the assessment criteria for the age & stage of athletes in your organization and share them with the sport record team. *Recommend choosing <10 / category from the categories below.

Legend:

1. Initial - does not demonstrate an understanding of this development trait.
2. Emerging - understands the value of the development trait but does not implement.
3. Competent - understands the development trait and is inconsistent with its implementation.
4. Proficient - understands & demonstrates a consistent grasp of this character trait.

CONNECTION = SOCIAL / EMOTIONAL

1. Understanding performance nutrition – consume proper food and drink to fuel growth and performance.
2. Understanding sickness / fatigue – balance sufficient rest and recovery with training and performance demands.
3. Understanding social media – responsible use of social media with awareness of long-term consequences of social media behavior.
4. Relationships with teammates – support and encourage teammates in a way that builds mutual trust.
5. Linking action to consequences – understanding the long-term effects of the short-term decisions both desirable & undesirable.
6. Doing what is right – having courage to behave in a way that is consistent with values and good character.
7. Conflict resolution – making the effort to listen to others while trying to understand different points of view.
8. Having fun playing – approaching sport practices and competitions with an eager and joyful attitude.
9. Developing self-esteem – believing in yourself and trusting your preparation.

CHARACTER - LEADERSHIP.

1. Decision making / game sense – awareness of how to play the game and put yourself and your teammates in a position to succeed.
2. Work ethic – following through on commitments and responsibilities.
3. Leadership – modelling behaviours and attitude that shows pride and inspires others to do the same.
4. Focus – self-discipline to stay on track and finish the job.
5. Positive self-talk – coaching yourself to believe you can achieve your goals and overcome setbacks.
6. Goal setting – identifying targets for how you will improve and perform.
7. Self-motivation – taking initiative to complete tasks and do more than the minimum.
8. Dealing with setbacks – bouncing back from failures and challenges.
9. Positive attitude – approaching sport and life with a relentless energy and a ‘can do’ spirit.

CHARACTER - RESILIENCE

1. Self-belief (I believe I can achieve anything I set my mind to).
2. Performance under pressure (I love challenges and thrive in big moments).
3. Resilience (I view mistakes and failures as opportunities to get better).
4. Self-worth (I replace negative thoughts about my ability with positive self-talk).
5. Mental readiness (I know how to cope with being nervous and anxious before an event).
6. Trust in training (I am fully committed to my training and believe I am on the right path).

Step 2. Share those criteria + the technical tactical / physical assessment criteria with the personal sport record team

- PSR team will create & name your team portal
- PSR team will provide you with a promo code for your team’s entry
- Once received, you can share that code with your athletes, parents and coaches.

*More examples of mental & social assessments are available upon request.