

ATHLETICS CANADA PERFORMANCE COACH COMPETITION EVALUATION

Support the Competitive Experience – General

Scoring Guide: 1: Not sufficient, 2: Needs Improvement, 3: Meets Standard, 4: Exceeds Standard

The coach will be able to . . .	Mark/ Debrief	Comments
Demonstrate that the coach and athlete have appropriate goals for the competition.		
Present a competition plan that outlines strategies for achieving the desired performance		
Demonstrate their understanding of the qualification process for the final and the strategy for making the final. The coach is able to demonstrate that they communicate in a manner that shows that the athlete understands.		
Provide a consistent message to the athlete through the competition (key messages, no rambling, focused on goal for competition)		
Reinforce competition rules if necessary (call room, strategy, start rule, qualification requirements)		
Monitor and provide guidance for nutritional and hydration considerations		
Oversee final adjustments to equipment (if applicable) in order to maximize performance		
Manage their own anxiety/stress level in an effective way. Strategies are demonstrated so the coach is not a distraction for the athletes.		
Needs Improvement: 8-20 Certified: 21-32		

Support the Competitive Experience – Warm Up

Scoring Guide: 1: Not sufficient, 2: Needs Improvement, 3: Meets Standard, 4: Exceeds Standard

The coach is able to . . .	Mark/ Debrief	Comments
Assist their athlete in performing an appropriate warm up (consider weather, rounds, other events)		
Assess the athlete's mental state relative to the demands of the competition		
Assess the athlete's ability to achieve an adequate mental state for performance by managing focus, distractions, negative anxiety and athlete interaction		
Demonstrate that the Strategies and tactics are appropriate for the athlete's level of development and align with the annual plan		
Demonstrate that all advice and strategies are consistent with the rules of Athletics and fair play practices		
Needs Improvement: 5-12 Certified: 13-20		

Support the Competitive Experience – Competition

Scoring Guide: 1: Not sufficient, 2: Needs Improvement, 3: Meets Standard, 4: Exceeds Standard

The coach is able to . . .	Mark/ Debrief	Comments
Demonstrate that they observe the event from an ideal vantage point (based on what is available due to field of play access)		
Behave in a controlled manner and show respect to officials, opponents, coaches and their athletes		
Identify strategies to analyze performance during the competition (eye, video, peer observation) to assist in identifying error and areas for improvement		
Needs Improvement: 3-8 Certification : 9-12		

Support the Competitive Experience – Debrief with athlete

Scoring Guide: 1: Not sufficient, 2: Needs Improvement, 3: Meets Standard, 4: Exceeds Standard

The coach is able to . . .	Mark/ Debrief	Comments
Identify tactical errors in performance (if applicable)		
Identify how and why an identified error impacts performance (error could be technical, mental or related to athletic ability – fitness)		
Discuss with their athlete what needs to be improved and how it can be improved to achieve greater performance		
Provide their athlete with recovery and fatigue management strategies regardless of whether the athlete is no longer competing or if they have more events so optimal performance is achieved		
Demonstrate how the coach uses the outcome of the competition to modify athlete goals and future programming		
Needs Improvement: 4-12 Certification: 13-20		

Scoring Summary

	Certification	Coach Score
General Overview	21-32	
Warm Up	13-20	
Competition	9	
Debrief with Athlete	13-20	