

Self Evaluation / Peer Evaluation Form

Instructions

-Appraise each team member's DISCIPLINE, ATTITUDE, PERFORMANCE, and CHARACTER.

-If you appraise less than "A", please write ONLY ONE improvement code.

- Rate yourself

Descriptions

- A. Excellent Performance
- B. Good Performance, but could use a little improvement
- C. Fair Performance, but definitely needs improvement
- D. Poor Performance, with serious problem areas.

Improvement

Code

Discipline

- 1. **Fitness:** Has, or is working towards, a high level of fitness
- 2. **Skill Development:** Has the ambition to become the best player possible by improving on weaknesses and building upon strengths.
- 3. **One v One:** Has the psychological strength and desire to play one v one even when it is not required.
- 4. **Sacrifice:** Is willing to miss a fun activity in order to attend practice or fitness.
- 5. **Attendance:** Comes to practice, fitness, matches, on time and prepared.

Attitude

- 6. **Teammates:** Being friendly, helpful, responsive, and caring to teammates.
- 7. **Coaches:** Respecting and supporting coaching decisions and directions.
- 8. **Teachers:** Respecting and cooperating with teachers at school.
- 9. **Program:** Contributing to the reputation and growth of NorthStar.
- 10. **Self-development:** Showing the desire to take specific steps to improve as a player.

Performance

- 11. **Academics:** Hundred-percent effort in attending classes and utilizing time wisely to finish homework in a timely manner.
- 12. **Practice:** Always intense in practice; training on your technical and physical edge.

13. **Competing:** Always playing to win, feeling you are the margin of victory, never giving up.
14. **Community:** Being non-judgmental and supportive of everyone in the program

Character

15. **Mental Toughness:** Staying focused, doesn't get down on herself, teammates, or coaches.
16. **Reliability:** Making curfews, coming to practice, meetings, and games on time.
17. **Confidence:** Having faith in her abilities without being conceited or arrogant.
18. **Commitment:** Promising to do her best, maintaining personal integrity.
19. **Conduct:** Displaying behavior consistent with program philosophy and moral principles.
20. **Positive Life Force:** Always supporting teammates behind their backs to build a positive system and community where everyone is valued in our team organization.