

QUARTERLY COACHING EVALUATION

NAME:

DATE:

Professionalism: Maintains a balanced separation of coach and athlete in class and out of class. Presents a professional and consistent demeanour at all times. Has learned how to express personality without compromising the perception of competency.

E

G

S

N

Warm Up: Ensure the warm-up provides proper activity levels for priming of the body to do work. Activation of the area of focus for the workout and establishes appropriate movement patterns for the exercises performed. Uses the warm-up as time to teach and establish scales for members.

E

G

S

N

Group Management: Organizes and manages, both at the micro level (in each class) and at the macro level (gym). This includes **starting on time**, organization of the space, equipment, and participants for optimal flow and experience: planning ahead; safety; etc...

E

G

S

N

Seeing: Discerns good movement from poor movement mechanics and identifies both gross and subtle faults whether the athlete is in motion or static.

E

G

S

N

Teaching: Effectively articulates and instructs the mechanics of each movement and the “why” behind workouts and exercises. Consistently reviews coach’s notes and announcements with the athletes in each class.

E

G

S

N

Presence and Attitude: Creates a positive and engaging learning environment. Shows empathy for athletes and creates rapport. Demonstrates an ability to meet people where they are and adjust coaching style accordingly.

E

G

S

N

Demonstration: Provides athletes with an accurate visual example of the movement at hand. Is able to perform, use a demonstrator, or help an athlete visualize proper movement and technique.

E

G

S

N

Correcting: Facilitates better mechanics for an athlete using visual, verbal, and/or tactile cues. Possesses a broad library of cues and drills that can be used as needed to help teach an athlete.

E

G

S

N

Athlete Interaction: Provides personal attention to all athletes. Makes every athlete in every class feel like they are getting the help and assistance they need.

E

G

S

N

Cleanup: Ensure that all equipment is put away, anything that needs to be disinfected is properly wiped down and everything is ready for the next class.

E

G

S

N

Member Management: Correctly uses member management software to sign new members up, check member information, sell retail merchandise, signing members to class, check or modify performance history, or process drop-ins.

E

G

S

N

Staff Interaction: Is helpful and communicative with staff. Approaches everything with a team mentality. Willingly offers assistance when needed. Participates regularly in coaching discussions by sharing information or asking questions of their peers.

E

G

S

N

Sets the example: As an athlete, pays attention to the coach and follows along in the class. Does not distract the coach or other athletes from the task at hand. Demonstrates a good work ethic, and does what they would tell their own athletes to do in class. Shows the commitment to work on faults and weaknesses by being coachable and accepting corrections.

E

G

S

N

Community: Spends time at the gym when not coaching. Participates in at least 3 classes as an athlete each week. Attends social events, is active in social media, and develops good relationships with members.

E

G

S

N

Education: Attends at least one major continuing education event a year. Does regular research to better themselves as a coach. Makes it a habit to attend and participate in new events or specialty clinics. Is always looking for ways to get better.

E

G

S

N

Develops Content: Regularly creates written or video content to provide members with technical or other beneficial information. Establishes themselves as an authority in their field by generating impactful content.

E

G

S

N

Supports the Vision: Understands the business model and how it is built to help provide a stable environment for optimal member growth. Works within the model, actively supports its processes, and works with management to make it better.

E

G

S

N

Growing the business: Understands that coaches are the face and the voice of the business. If there are products or services being offered to help members, coaches do their best to promote them.

E

G

S

N