

C: SQUAD AND TEAM TRAINING REVIEW

Athlete: _____

Instructor: _____

Parent: _____

Date: _____

INSTRUCTIONS:

Please rate each item according to your level of satisfaction. Number 1 means not satisfied. Number 5 means very satisfied.

Organization of practice	1	2	3	4	5
Skill development	1	2	3	4	5
Team play development	1	2	3	4	5
Discipline	1	2	3	4	5
Enjoyment	1	2	3	4	5
Coaching	1	2	3	4	5

List at least three things that you learned or participated in that will improve your skills as a competitor.

What ideas or requests do you have to improve each training session?

What did you find challenging or didn't find effective? Why?

Any other comments: _____
