

LEVEL 1 PRACTICAL ASSESSMENT

The requirements for FHC's Level 1 Practical include:
 -completion of FHC Technical Level 1 course
 -completion of 25 hours of coaching experience
 -completion of self-evaluation form

NAME: _____

DATE: _____

ADDRESS: _____

Description of program (athlete's ages, abilities, length of practices, etc):

Description of your involvement (head/assistant coach, # of practices, competition details):

SELF-EVALUATION FORM

	Assessment needs improvement good	Description
Organization And Preparation Practice written out ahead People ready on time Safety check done	1 2 3 4 5	
Instruction Objectives stated Demos simple, clear, concise Key points made	1 2 3 4 5	
Activity Transitions rapid, smooth Good ratio athletes/equipment/space Lots of "doing" by each athlete Adequate time to reach objective	1 2 3 4 5	

	assessment needs improvement good	description
Feedback Positive Related to key factors To group, then individuals Specific Well timed Understood	1 2 3 4 5	
Content Demonstrations Progressions Analysis of problems Corrections Appropriateness to Context	1 2 3 4 5	
General Objectives achieved Atmosphere of involvement Coach flexible, adaptive Coach good role model	1 2 3 4 5	

STATEMENT OF VERIFICATION:

This is to certify that _____
 has been involved in the coaching of the above mentioned team as
 head/assistant coach over the period of _____ months.

I hereby declare the above information is true.

Signature of Appropriate Official:

Signature of Coach:

Address: _____

Date:

**Please complete and forward this form to your Provincial
 Association's Coaching Coordinator or the National Office:
 302-2197 Riverside Dr.
 Ottawa, Ont K1H 7X3**