

T2SC SPORT SELF-ASSESSMENT

• Athleticism	1	2	3	4	5
• Training Regimen	1	2	3	4	5
• Fitness Level	1	2	3	4	5
• Fundamental Skills	1	2	3	4	5
• Coachability	1	2	3	4	5
• Sportsmanship	1	2	3	4	5
• Passion to Play	1	2	3	4	5
• Commitment to Improving	1	2	3	4	5
• Self-discipline	1	2	3	4	5
• Confidence	1	2	3	4	5
• Competitiveness	1	2	3	4	5
• Intensity	1	2	3	4	5
• NO QUIT Attitude	1	2	3	4	5
• Focus	1	2	3	4	5
• Game Preparation	1	2	3	4	5
• Leadership Ability	1	2	3	4	5
• Self-Motivation	1	2	3	4	5
• Ability to Accept Feedback	1	2	3	4	5
• Being a Good Teammate	1	2	3	4	5
• Composure/Handling Pressure	1	2	3	4	5
• High Sport IQ	1	2	3	4	5
• Instincts	1	2	3	4	5
• Work ethic	1	2	3	4	5
• Versatility	1	2	3	4	5
• Playing w/ Consistency	1	2	3	4	5
• Handling Adversity	1	2	3	4	5
• Aggressiveness	1	2	3	4	5
• Mental Toughness	1	2	3	4	5
• Physical Toughness	1	2	3	4	5
• Resiliency	1	2	3	4	5
• Goal Oriented	1	2	3	4	5
• Winning Attitude	1	2	3	4	5
•	1	2	3	4	5

• **My Strengths:**

• **Areas of Improvement:**