

BEST PRACTICES - Athlete

The purpose of this tool is to make sure that Special Olympic programs are working well for athletes and we value your answers. Please fill this in and discuss any questions that you might have with your coach or a family member/friend. There is also a question sheet for the Head Coach, an Assistant Coach and a Local Committee Member to give their point of view.

(1) Not satisfactory (2) OK, but could be better (3) Good (4) Very Good

- ___ My Coaches know about the sport and the skills to be learned
- ___ My Coaches are well prepared for the practice
- ___ There is enough equipment and it is of good quality
- ___ The facility is safe and appropriate for the sport
- ___ My Coaches explain so I understand what I am to do
- ___ My Coaches motivate me to do my best in practice and in competition
- ___ My Coaches help everyone in the program to succeed as athletes
- ___ My Coaches encourage everyone to be competitive
- ___ My Coaches are fair and honest
- ___ My coaches are patient
- ___ My Coaches are positive role models for me
- ___ I find the experience to be challenging
- ___ My Coaches emphasize the importance of treating officials and all coaches with respect
- ___ My Coaches treat my fellow athletes and me with respect
- ___ The program definitely increases my knowledge and ability in the sport
- ___ I would recommend this program to others
- ___ Overall, the program is very good

Name and Phone number _____

Local _____ Sport _____

Thank you for your time and comments to help make Special Olympics a great sport organization.