

TEAM PLAYTRI ELITE 2019 SEASON QUALIFICATION

ATHLETE NAME: _____

SCORING: Excellent – 2 points Average – 1 point Poor – 0 points

The 6 to 7 athletes with the highest scores at the end of the qualification period will be offered positions on the team. Coaches will complete a similar document each month during the coming season to provide ongoing feedback.

OVERALL SCORE	TRAININGPEAKS METRIC & SPECIFIC MARKERS
	Loads files to TrainingPeaks <ul style="list-style-type: none"> <input type="checkbox"/> Completed every 48 hours for ALL bike and run sessions <input type="checkbox"/> Files all include heart rate and cadence
	Puts swim main set descriptions in TrainingPeaks <ul style="list-style-type: none"> <input type="checkbox"/> Completed every 48 hours for ALL swim sessions
	Provides written session feedback in TrainingPeaks <ul style="list-style-type: none"> <input type="checkbox"/> Completed every 48 hours for ALL sessions
	Provides subjective feedback metrics in TrainingPeaks <ul style="list-style-type: none"> <input type="checkbox"/> Completed every 48 hours <input type="checkbox"/> Includes workout difficult and athlete feel metrics
	Logs daily resting heart rate and mobility work in TrainingPeaks <ul style="list-style-type: none"> <input type="checkbox"/> Completed every 48 hours as an “Other” session
OVERALL SCORE	PERSONAL RESPONSIBILITY METRIC & SPECIFIC MARKERS
	Ready to start practice on time <ul style="list-style-type: none"> <input type="checkbox"/> Swim practice – in pool with all equipment at scheduled start time <input type="checkbox"/> Bike practice – on bike ready to ride at scheduled start time <input type="checkbox"/> Run practice – at start location ready to run at scheduled start time <input type="checkbox"/> Conditioning – in training area ready to go at scheduled start time
	Has necessary equipment at every practice <ul style="list-style-type: none"> <input type="checkbox"/> Equipment is present and in good working order <input type="checkbox"/> Wears current cycling kit at every Thursday practice <input type="checkbox"/> Takes personal responsibility for making sure equipment gets to practice
	Carries own equipment to and from practice <ul style="list-style-type: none"> <input type="checkbox"/> Coaches did not observe parents carrying athlete items <input type="checkbox"/> Does not leave items behind
	Safety checks bike before every bike practice/ride <ul style="list-style-type: none"> <input type="checkbox"/> Checks brakes <input type="checkbox"/> Checks wheels are free spinning <input type="checkbox"/> Checks headset <input type="checkbox"/> Checks tire pressure with pump, and inflates if needed
	Sets up own equipment for trainer rides <ul style="list-style-type: none"> <input type="checkbox"/> Puts on trainer skewer <input type="checkbox"/> Puts bike on trainer and secures, adjusts resistance as needed
	Cleans and lubes bike at least once a week <ul style="list-style-type: none"> <input type="checkbox"/> Cleans additional times if riding in wet/muddy conditions <input type="checkbox"/> When coach touches drivetrain their hand stays the same color
	Gives a best effort during training sessions <ul style="list-style-type: none"> <input type="checkbox"/> Uses correct form to best of their ability <input type="checkbox"/> Maintains focus on technique through challenging sessions <input type="checkbox"/> Actively demonstrates a positive attitude (doesn't whine or complain, works to keep negative body language in check)

	<p>Takes personal responsibility for completing training sessions as intended</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keeps track of own times, distances and interval counts
	<p>Takes lifestyle steps to be properly prepared for training sessions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eats enough of the correct foods and comes to practice well-fueled <input type="checkbox"/> Hydrates throughout the day and is prepared to hydrate well at practices <input type="checkbox"/> Gets at least 7 hours of sleep on average (8+ is better) <input type="checkbox"/> Manages time well so that school work and other activities do not interfere with training
	<p>Has an appropriate social media presence (if using social media)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keeps posts positive and appropriate <input type="checkbox"/> Keeps any communication with other team members positive and appropriate
	<p>Treats parents/guardians with respect</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coaches don't witness the athlete complaining or otherwise treating parents/guardians in a disrespectful manner
	<p>Completes prescribed mobility/injury prevention protocol regularly</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completes at least once every 48 hours (outside of practice)
	<p>Demonstrates "grit" during training sessions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Able to "suck it up" when they are having a bad session or bad day <input type="checkbox"/> Keeps trying even when a skill or exercise isn't coming naturally
OVERALL SCORE	TEAM CULTURE CONTRIBUTION METRIC & SPECIFIC MARKERS
	<p>Actively encourages ALL teammates in and out of practice</p> <ul style="list-style-type: none"> <input type="checkbox"/> Gives high fives <input type="checkbox"/> Provides words of encouragement <input type="checkbox"/> Says "good practice" after sessions <input type="checkbox"/> Congratulates teammates on good performances
	<p>Helps teammates stay focused during training</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sets the example by maintaining personal focus during training <input type="checkbox"/> Redirects teammates who are distracted or creating a distraction (does so in a respectful manner)
	<p>Actively supports team leadership</p> <ul style="list-style-type: none"> <input type="checkbox"/> Takes direction immediately and with a respectful attitude <input type="checkbox"/> Respectfully and appropriately approaches team leaders with any issues or concerns (does not act out inappropriately) <input type="checkbox"/> Asks team leaders how they can help the team be more successful <input type="checkbox"/> Redirects athletes with complaints about leadership to have a respectful conversation with a team leader regarding any issues
	<p>Demonstrates active attention and engagement throughout training sessions</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keeps eyes on the coach or presenter at all times <input type="checkbox"/> Does not speak when it is not helpful to the goal of the session <input type="checkbox"/> Strives to implement instructions correctly the first time they are given; does not make the coach repeat themselves
	<p>Is a helpful and contributing member during group rides</p> <ul style="list-style-type: none"> <input type="checkbox"/> Works to hold the line <input type="checkbox"/> Stays focused and engaged at all times <input type="checkbox"/> Maintains paces as instructed <input type="checkbox"/> Assists other athletes so the whole team can achieve the objective <input type="checkbox"/> Strives to create a safe riding environment for the entire team <input type="checkbox"/> Puts a foot down at all stop lights and stop signs <input type="checkbox"/> Communicates loudly, clearly and effectively <input type="checkbox"/> Does not goof off or have outside conversations during rides
	<p>Takes criticism from coaches respectfully, and works to implement immediately</p> <ul style="list-style-type: none"> <input type="checkbox"/> Makes recommended form corrections immediately with minimal reminders

	<input type="checkbox"/> Keeps a correct attitude when disciplined and makes adjustments immediately; coach never has to correct them twice
	<p>Provides constructive feedback to coaches whenever needed</p> <input type="checkbox"/> Informs coaches of pain immediately <input type="checkbox"/> Informs coaches of their interpersonal team issues immediately <input type="checkbox"/> Informs coaches of any other challenges that may impair the athlete's ability to participate/meet team requirements immediately
	<p>Treats all teammates and team leaders respectfully at all times</p> <input type="checkbox"/> Avoids speaking negatively about teammates or team leaders, regardless of their presence <input type="checkbox"/> Will not allow others to speak negatively about teammates or team leaders in their presence <input type="checkbox"/> Respectfully approaches individuals to discuss differences or issues

TOTAL COMBINED SCORE: _____