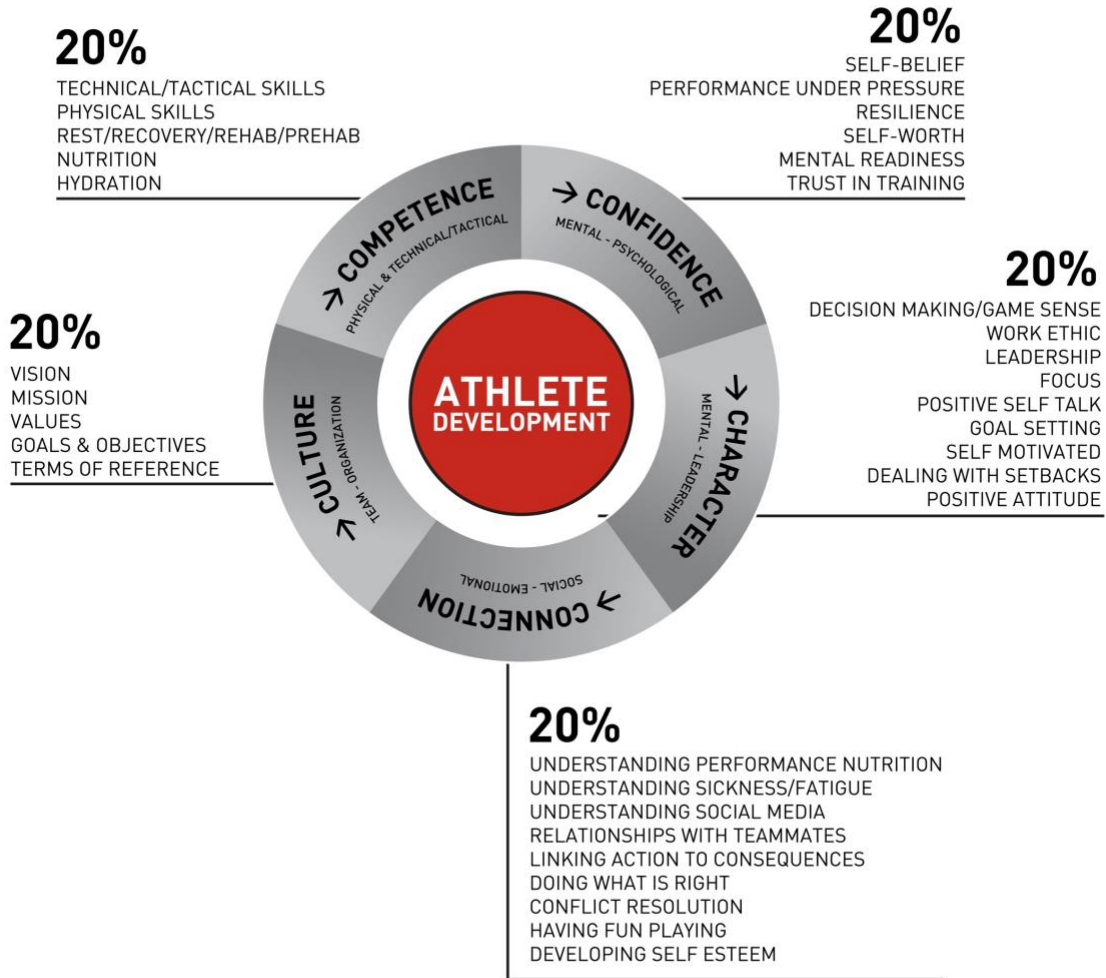




DEFINING & ASSESSING THE 5C'S



**Note: For Confidence, Character & Connection simply choose the 5 indicators that most closely align with your organizational values or age groups or take the initiative to insert your own version.*

Definitions are below. Recommend using rubrics to measure.

LEGEND

1. Initial: does not demonstrate an understanding of this development trait.
2. Emerging: understands the value of the of the development trait but does not implement.
3. Competent: understands the development trait and is inconsistent with its implementation
4. Proficient: understands & demonstrates a consistent grasp of this character trait



CONNECTION = SOCIAL / EMOTIONAL

1. Understanding performance nutrition – consume proper food and drink to fuel growth and performance
2. Understanding sickness / fatigue – balance sufficient rest and recovery with training and performance demands
3. Understanding social media – responsible use of social media with awareness of long-term consequences of social media behavior
4. Relationships with teammates – support and encourage teammates in a way that builds mutual trust
5. Linking action to consequences – understanding the long-term effects of the short-term decisions both desirable & undesirable
6. Doing what is right – having courage to behave in a way that is consistent with values and good character
7. Conflict resolution – making the effort to listen to others while trying to understand different points of view
8. Having fun playing – approaching sport practices and competitions with an eager and joyful attitude
9. Developing self-esteem – believing in yourself and trusting your preparation

CHARACTER - LEADERSHIP

1. Decision making / game sense – awareness of how to play the game and put yourself and your teammates in a position to succeed
2. Work ethic – following through on commitments and responsibilities
3. Leadership – modelling behaviours and attitude that shows pride and inspires others to do the same
4. Focus – self-discipline to stay on track and finish the job
5. Positive self-talk – coaching yourself to believe you can achieve your goals and overcome setbacks
6. Goal setting – identifying targets for how you will improve and perform
7. Self-motivated - taking initiative to complete tasks and do more than the minimum
8. Dealing with setbacks – bouncing back from failures and challenges
9. Positive attitude – approaching sport and life with a relentless energy and a ‘can do’ spirit Rate the past or current level of coach mentorship opportunities 1-10
10. Rate the past or current level of satisfaction coaching with the organization 1-10

CHARACTER - RESILIENCE

1. Self-belief (I believe I can achieve anything I set my mind to)
2. Performance under pressure (I love challenges and thrive in big moments)
3. Resilience (I view mistakes and failures as opportunities to get better)
4. Self-worth (I replace negative thoughts about my ability with positive self-talk)
5. Mental readiness (I know how to cope with being nervous and anxious before an event)
6. Trust in training (I am fully committed to my training and believe I am on the right path)

CULTURE

1. Vision – your why
2. Mission – what you’re providing
3. Values – Who you are
4. Goals & Objectives – How you’re going to get to where you want to go
5. Terms of Reference – What happens when you don’t deliver on what you said you were going to deliver.