

**BOWLS WA  
INDIVIDUAL ATHLETE MANAGEMENT**

**Name:**

**Gender:**

**Age:**

**1. PHYSICAL**

<b>Fitness</b>	<b>Very Good</b>	<b>Good</b>	<b>Needs Work</b>	<b>Poor</b>	<b>Not Assessed</b>	<b>Comments</b>
General fitness						
Flexibility(legs/shoulders)						
Cardiovascular endurance						
Strength (push up/squat)						
Core strength						
<b>Physical Training Effort</b>	<b>Very Good Effort</b>	<b>Good Effort</b>	<b>More Effort Required</b>	<b>Not Acceptable</b>	<b>Not Assessed</b>	
Strives to improve strength						
Strive to improve flexibility						
Strive to improve cardiovascular endurance						
Completes individual training program						
<b>Health Status</b>	<b>No Issues</b>	<b>Minor Issues</b>	<b>Some Issues</b>	<b>Significant Issues</b>	<b>Not Assessed</b>	
General Health						
Injuries						
<b>Overall Physical Rating</b>						

**2. TECHNICAL**

<b>Technical Aspects</b>	<b>Very Good (80%)</b>	<b>Good (60-80%)</b>	<b>Needs Work (40-60%)</b>	<b>Poor (Below 40%)</b>	<b>Not Assessed</b>	<b>Comments</b>
Forehand Draw						
Backhand Draw						
Forehand Conversion						
Backhand Conversion						
Forehand Drive						
Backhand Drive						
Short Ends						

	Very Good (80%)	Good (60-80%)	Needs Work (40-60%)	Poor (Below 40%)	Not Assessed	Comments
Medium Ends						
Long Ends						
Jack Delivery						
Fast Green Play						
Slow Green Play						
Correction Ability						
Delivery Line on Backhand Draw						
Delivery Line on Forehand Draw						
<b>Overall Technical Rating</b>						

3. TACTICAL						
Tactical Aspects	Very Good	Good	Needs Work	Poor	Not Assessed	Comments
Devising of Game Plans						
Implementation of Game Plans						
Head Building						
Shot Selection						
Understanding and Applying roles within team						
Adaptability within games						
Style of Play						
Knowledge of Opponents						
Knowledge of Teammates						
<b>Overall Tactical Rating</b>						

4. PSYCHOLOGICAL						
Training Environment	Very Good	Good	Needs Work	Not Assessed	Poor	Comments
Ability to focus and re-focus/maintain concentration						
Ability to manage thoughts and emotion						
Maintain Self confidence						
Ability to cope with the program demands						
Competition Environment	Very Good	Good	Needs Work	Not Assessed	Poor	Comments
Ability to focus and re-focus/maintain concentration						
Ability to manage thoughts and emotion						
Ability to overcome pressure						
Ability to maintain team cohesion and team communication throughout the competition						
<b>Overall Psychological Rating</b>						

5. BEHAVIOURAL					
Training Behavior	Very Good	Good	Needs Improving	Not Acceptable	Comments
Engagement in the training process					
Clearly understand and follow the instructions					
Managing training time effectively					
Working independently					
Competition Behavior	Very Good	Good	Needs Improving	Not Acceptable	Comments
Respect coaches and other officials					
Style of communication with coaches					
Courtesy of team mates and others					
Trust in the program and coaches					
<b>Overall Behavioral Rating</b>					