

FamilySportsLifeToday.com
Coaches Who Care, Intl.

Upon Reflections...

By
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(Revisiting a Season Past towards a Successful Path)

Introduction: This is an opportunity for our Coaches, Players, and Parents to learn from upon reflections...Your thoughts, comments, suggestions or recommendations are welcome, and we hope you will keep such in a positive-constructive mode. There may be questions that you ponder and wonder: "but I never experienced that feeling...", and as such, only answer those topics that do make you pause upon reflections...Thank You...Remember, your answers are strictly confidential and you are not required to submit your name to this questionnaire...

How would you describe the "3 Parts to a Basketball Season":
The Beginning (pre-season, exhibition games; first 8 games):

The Middle (second 8 games):

The Latter or End (last several games):

What was the most positive experience(s) you came away with overall:

What was the most negative experience:

Going into the season, did you establish personal goals? Y / N

Did you put these down on paper? Y / N

Did you have it somewhere visible so you could reflect upon it daily during the season?
Y / N

If you could "add" an attainable goal or goals *now* upon reflections, what would it be? :

What goal(s) did not meet your expectations? :

Did your Parents share in your thought process towards establishing, if any, goals for playing basketball? :

What one game stands out in your mind as a "defining moment of who we were as a team..."? (Why)

What (if any) play stands out in your mind, upon reflections, as one you'll always remember? (Describe the situation, how it evolved etc.)

Did you ever understand your "role" on the team? Y / N Explain:

Was your "role" ever defined by the Staff at any point during the season? Y / N

If "yes", what was your role? (Describe):

If "no", how would *you* describe your role upon reflection:

What was the most disappointing experience you had with your team:

Okay, here's your chance to "evaluate" your teammates...describe the players who you felt helped you succeed and why:

Did you enjoy coming to practice each day during the season? Y / N

Describe one or the other as to "why":

Did you enjoy being on the team? Y / N

If "no", describe why you felt this way.....:

If you were to describe yourself as a Team Player, please do so here:

What do you think *you* personally can do to help turn the fortunes of the ECHS Boys Basketball team around next season? (Describe):

What do you think the "Team" can do collectively to reorganize and establish goals for next season?

On a scale of 1-10 (10 being the highest) where do you put athletics in your balance of academics and extracurricular activities?

What players inspired you the most in practices and games? And why?

Do you think it's necessary to continue your skills development in the offseason, so the team can benefit the rewards of your efforts to new levels of success next season? Y/ N
Why? (Describe):

Were your Parents disappointed at any time during the season? Y / N

If "yes", describe their feelings, please:

What do you feel is your biggest drawback as a basketball player today? (Describe):

What can you do about this upon reflection:

Have you ever done any community service projects with any of your teammates? Y /N
Describe:

What, if anything, did you learn from that experience? (Describe)

If you could choose a "Team Community Service Project" for your basketball team, including Freshmen as well, what would you recommend: (Describe)

How would you describe your relationship with the Head Coach:

How would you describe your relationship with the Assistant Coaches: (you may reflect upon each coach as you wish):

Have you ever been on a Championship Team before? (AAU, Grade School, Middle School: Tournament, League etc.)...you can answer this with other sports too: (Describe)

Do you think that your team can compete for a Championship next season? Y / N
How?

What does the Team have to do *now* to achieve *your* vision of success? (Describe)

If you had an opportunity to train on weekends with a Private Coach for two hours, would you commit to that? Y / N

If you had an opportunity to enroll in a strength training program 3X a week for an hour, would you commit to that? Y / N

(CIRCLE AREAS THAT APPLY)

How would you describe your eating habits as you know them now?

Excellent: (Describe) Eat Breakfast daily...very seldom eat junk food daily...only on occasion do I drink soda pops...supplement my diet with vitamins and protein bars

Breakfast:

Lunch:

Dinner:

Good: (Describe) Eat Breakfast at least 5 out 7 days a week...seldom eat junk food...only on occasion do I drink soda pops...take vitamins now and then and a protein bar...

Poor: (Describe) Miss Breakfast in morning...eat a lot of junk food daily...drink soda pops daily...no supplements such as vitamins or protein bars...

Do you think it would help you IF you had more information on Sports Nutrition to assist and enhance your athletic development? Y / N

What's your favorite meal after a game? (Describe):

What's your favorite meal before a game? (Describe):

Did you notice that sometimes you didn't have the "energy" to put forth the effort and you weren't sure why? (Describe):

Did you ever feel nauseous before, during or after a practice and/or game? (Describe) Before:

During Warmups:

During Game/On Bench:

After Game:

What did you learn about yourself in terms of competing daily in practices? (Describe)

Do you like competing against your teammates in practice? Y / N

If NO, then why? (Describe):

Last question: Ask your Parent(s) what were their impressions of this past season...

What do they think could "turn" this team around and help your team contend for a Championship?

Thanks for taking the time to complete this questionnaire, we know that your answers will enlighten us, and educate our needs for improvement upon reflections...