

## CREW SEASON SURVEY FOR 2009-2010

Dear Athlete/Parent:

We would appreciate if you would take a few minutes to provide us your feedback. It is through this input that we can identify program strengths as well as areas for improvement. **You will need to fill out a separate evaluation form for each coach you/your rower were involved with.** Only the survey monitors will see the individual results. Your responses will be kept confidential with only the averages of the surveys to be shared with the Coaches and Board. Please return the survey by downloading the form from the web site and either 1) attach it and return it via email to [survey@bruincrew.com](mailto:survey@bruincrew.com); 2) mail it in; or 3) leave it in the Crew box in the Activities Office at LBSS, but clearly labeled "SURVEY." It is due no later than June 25<sup>th</sup>.

**Coach:** Coach Meredith      Coach Tracy      Coach Marine      Coach Ro      Coach Patrick

**Participation:**      Novice      Varsity

For each question, put a check in the box that best expresses your thoughts. The ratings are as follows:

|               |          |             |                   |                       |         |
|---------------|----------|-------------|-------------------|-----------------------|---------|
| 1 = Excellent | 2 = Good | 3 = Average | 4 = Below Average | 5 = Needs Improvement | 6 = N/A |
|---------------|----------|-------------|-------------------|-----------------------|---------|

### PRACTICES

| At practices/winter conditioning, the coach...                                 | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|
| • Was on time  |   |   |   |   |   |   |
| • Was organized; used time wisely  |   |   |   |   |   |   |
| • Was patient, displayed self-control & poise                                  |   |   |   |   |   |   |
| • Treated athletes fairly  |   |   |   |   |   |   |
| • Accepted input from athletes; incorporated ideas into practices              |   |   |   |   |   |   |
| • Allowed athletes to voice their concerns without fear of recrimination       |   |   |   |   |   |   |
| • Used humor when appropriate  |   |   |   |   |   |   |
| • Provided constructive criticism, feedback; used positive methods to motivate |   |   |   |   |   |   |
| • Used team/individual discipline appropriately                                |   |   |   |   |   |   |
| • Prepared athletes well with physical conditioning for competition            |   |   |   |   |   |   |
| • Dealt appropriately with injured athletes; respected decisions of trainers   |   |   |   |   |   |   |
| • Provided clear explanations/demonstrations                                   |   |   |   |   |   |   |
| • Demonstrated the ability to analyze & correct rowing techniques              |   |   |   |   |   |   |
| • Conducted "competitive" practice sessions                                    |   |   |   |   |   |   |
| • Employed proper safety guidelines at all times                               |   |   |   |   |   |   |
| • Was open to change when needed   |   |   |   |   |   |   |

## REGATTAS

| At regattas, the coach...  | 1 | 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|---|---|---|
| • Was on time  |   |   |   |   |   |   |
| • Prior to competition, reminded athletes of individual/team rules   |   |   |   |   |   |   |
| • Treated athletes fairly  |   |   |   |   |   |   |
| • Discussed strategy before each race  |   |   |   |   |   |   |
| • Instilled confidence in the team through effective race management   |   |   |   |   |   |   |
| • Communicated effectively throughout the day  |   |   |   |   |   |   |
| • Demonstrated effective time management for regattas (i.e. rigging/ derigging boats, loading trailers, shoe baskets, etc.)      |   |   |   |   |   |   |
| • Demonstrated efficient strategic planning for regattas (ensuring rowers were aware of loading boats, return to Bull Run, etc.) |   |   |   |   |   |   |
| • Provided clear explanations/demonstrations   |   |   |   |   |   |   |
| • Employed proper safety guidelines at all times   |   |   |   |   |   |   |

## COACHES CHARACTERISTICS

| In general, the coach...                                      | 1 | 2 | 3 | 4 | 5 | 6 |
|---|---|---|---|---|---|---|
| • Set a good personal example                                 |   |   |   |   |   |   |
| • Displayed consistency & decisiveness in actions             |   |   |   |   |   |   |
| • Was an effective motivator                                  |   |   |   |   |   |   |
| • Had a good rapport with athletes                            |   |   |   |   |   |   |
| • Cared about me personally as well as an athlete             |   |   |   |   |   |   |
| • Made me aware of team rules/handbook                        |   |   |   |   |   |   |
| • Set individual/team goals that were realistic & challenging |   |   |   |   |   |   |
| • Enhanced performance through his/her coaching               |   |   |   |   |   |   |
| • Was rewarding to row for                                    |   |   |   |   |   |   |

## OTHER AREAS

|                                     | 1 | 2 | 3 | 4 | 5 | 6 |
|-------------------------------------|---|---|---|---|---|---|
| • Practice equipment was adequate   |   |   |   |   |   |   |
| • Regatta equipment was adequate    |   |   |   |   |   |   |
| • Equipment used was safe           |   |   |   |   |   |   |
| • Practice facilities were adequate |   |   |   |   |   |   |
| • Regatta facilities were adequate  |   |   |   |   |   |   |

**OVERALL**

What did you like most about the season?

What did you like least about the season? Suggestions?

What would you change about the season?

What suggestions would you make to improve the program (long-range)?

Please add any additional comments below:

**OPTIONAL:**

**Name:** \_\_\_\_\_

Please return the completed form to [survey@bruincrew.com](mailto:survey@bruincrew.com) or in the Activities Office clearly marked "SURVEY" or via mail to:

Lake Braddock Crew Boosters

Attn: Survey

P.O. Box 10458

Burke, VA 22015

Thank you for your time and effort to complete the questionnaire.

**\*\*\* Deadline is June 4<sup>th</sup> by Midnight \*\*\***