



PROGRAM SELF-ASSESSMENT CHECKLIST

PROGRAM/COACH NAME:

ASSESSMENT DATE:

BACKGROUND CHECK UP-TO-DATE:

Yes [] No []

Use this checklist to highlight program strengths and identify areas for improvement. If you can answer 'yes' to the main question in each of the six categories then you are delivering a quality program. Otherwise, use the Follow Up Suggestions at the bottom of this page to improve the areas identified.

For each category, place a '✓' beside the actions/ behaviours you observe during the program

CARING INSTRUCTOR

IS THE INSTRUCTOR CARING/ PROFESSIONAL?

Yes [] No []

- Knows and uses player names
Provides individual attention/ feedback
Supportive, positive & enthusiastic
Professional demeanour & appropriate attire
Prepares activities with care
Displays fairness
Leads group and communicates clearly

MAKE FRIENDS

ARE PLAYERS MAKING SOCIAL CONNECTIONS?

Yes [] No []

- Encourages cooperation & friendship
Actively encourages teamwork during play & practice
Promotes team responsibilities & cooperation
Facilitates supportive relationships and proper social interaction

ACTIVE PARTICIPATION

ARE PLAYERS ACTIVELY PARTICIPATING?

Yes [] No []

- Play/ Practice organization promotes active participation
* limit wait times, maximize number of opportunities to engage in practice & skill development
Coach maintains a safe & controlled environment
Players actively participate at least 45 min out of 60 min session
* inactivity = picking up balls, waiting in lines, water breaks, listening to instructions etc.

ADDITIONAL COMMENTS

[Empty box for additional comments]

CHALLENGE

IS THE CHALLENGE LEVEL APPROPRIATE?

Yes [] No []

- Challenge is at player's level
Challenge level adjusted when needed
Players are grouped appropriately
Ensures proper size equipment and adequate rules
Demonstrates all skills and drills correctly

IMPROVEMENT

ARE PLAYERS IMPROVING?

Yes [] No []

- Practice activities improve point play
Organization provides repetition of skill being developed
Play-Practice-Play format (drills lead to better play)
The program follows a plan

FUN

ARE PLAYERS DEVELOPING A LOVE FOR THE SPORT?

Yes [] No []

- Caring Instructor
Make Friends
Challenging
Active Participation
Improvement
Maintains a high student retention rate - helps 'grow the game'
Promotes tennis as a sport for life

AREAS FOR IMPROVEMENT

Priority #1:

Priority #2:

Priority #3:

FOLLOW-UP SUGGESTIONS

If you can answer 'yes' to the main question in each of the six categories then you are delivering a quality program.

If you cannot answer 'yes' to the main question in each of the six categories then :

- If you are an Instructor conducting a self-assessment, consider how you might improve the area identified. Perhaps seek feedback/suggestions from your peers or your program leader.
- If you are a Program Leader or Supervisor conducting the assessment for one of your Instructors, open a dialogue to offer support and strategies to improve the areas identified.
- Background Checks should be completed prior to being involved in a tennis program and updated every 1-3 years

