

COACHES' TASK LIST

Evaluation

NAME: _____

SCHOOL: _____

SPORT: _____

YEAR: _____

How long have you been implementing the Human Performance Project? _____

STEPS	YES	NO	COMMENT
Attended in-person trainings hosted by the IL HPP Team.			
Used your influence to model healthy behaviors.			
Selected team captains using <i>The 5 C's of Leadership</i> assessment Tool.			
Trained team captains using IL HPP's <i>Student Leadership Manual</i> .			
Used strong student leaders to confront behaviors of concern when an issue became apparent within the team.			
Promoted a positive team culture.			
Addressed out-of-control fans to ensure a positive environment at all competitions.			
Hosted mandatory Code Night meetings.			
Utilized the restorative justice process to address code violations by athletes.			
Educated athletes, parents, and other community stakeholders on the impact of nutrition, sleep, chemical health, and mood and mindset on optimal performance.			