

SELF EVALUATION FORM

A separate form must be filled out for every event that you participate in. This includes: The Terry Fox Run, every football and basketball game, all competitions, spirit assemblies and pep rallies and public performances.

1. Which aspects of today's performance do you think went well? Include aspects from skills like motions, transitions, showmanship, energy, focus, stunts, recoveries, dances, jumps as well as precision, placement, timing, height, technique etc....

2. What areas do you feel the team still needs to improve on? (Consider the skills listed in question 1).

3. What areas do YOU need to continue focusing on?

4. What is/are your present, immediate, short-term goal(s)?
