BEST PRACTICES - Athlete

The purpose of this tool is to make sure that Special Olympic programs are working well for athletes and we value your answers. Please fill this in and discuss any questions that you might have with your coach or a family member/friend. There is also a question sheet for the Head Coach, an Assistant Coach and a Local Committee Member to give their point of view.

(1) Not satisfactory  (2) OK, but could be better  (3) Good  (4) Very Good

___ My Coaches know about the sport and the skills to be learned
___ My Coaches are well prepared for the practice
___ There is enough equipment and it is of good quality
___ The facility is safe and appropriate for the sport
___ My Coaches explain so I understand what I am to do
___ My Coaches motivate me to do my best in practice and in competition
___ My Coaches help everyone in the program to succeed as athletes
___ My Coaches encourage everyone to be competitive
___ My Coaches are fair and honest
___ My coaches are patient
___ My Coaches are positive role models for me
___ I find the experience to be challenging
___ My Coaches emphasize the importance of treating officials and all coaches with respect
___ My Coaches treat my fellow athletes and me with respect
___ The program definitely increases my knowledge and ability in the sport
___ I would recommend this program to others
___ Overall, the program is very good

Name and Phone number ________________________________

Local ___________________            Sport _________________________

Thank you for your time and comments to help make Special Olympics a great sport organization.