



High Performance Athlete (HPA) Coach's Reference Form

Name of Student Applicant: _____

Current Grade: _____

Sport: _____ Level of Competition: _____

Coach Information

Name of Coach:	NCCP Level:	
Address of Coach:	NCCP #:	
Phone #:	Cell #:	Email Address:

1. How long have you coached this applicant?
2. At what level(s) is the applicant presently competing?
3. What are realistic goals for this applicant?

Short Term

Long Term
4. To what extent do you expect training and competition to conflict with the applicant's attendance in classes?
5. Indicate the period of time during which this athlete will be involved in most of the training.

September - February

February - June

6. Are you willing to assume the responsibilities of the training supervisor for this student athlete (see requirements below)?

Yes

No

The Coach/Training Supervisor:

- Must have First Aid and CPR certification.
- Must be present at all practices or scheduled events.
- Will ensure that the HPA student follows all routines and expectations to avoid injury.
- Must ensure that regular safety checks of equipment and premises are completed.
- Must ensure that first aid kit is checked and updated on a regular basis.
- Will assume responsibility if the HPA student is injured or hurt and will arrange medical attention.
- Must provide evidence of training facility/club insurance.
- Must **notify teacher, parents, school when/if injury occurs WITHIN 24 HOURS.**
- Must ensure that when an HPA student incurs an injury, proper treatment is received and documented.

7. What would be considered an average training schedule for the applicant? Please attach a sample training schedule or fill in the chart provided. Please be specific with respect to times, number of hours and intensity. Include related (dry-land) training as well.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training type							
Duration of training							
Range of Intensity (1-4): 1 easy-4 difficult							

8. Please assess based upon your knowledge of the athlete.

Character Traits of Applicant		Not Evident	Some Evidence	Evident
1.	Attends training practice regularly and is punctual			
2.	Follows requirements of coach at training practice/competition i.e. arrives prepared			
3.	Demonstrates a positive attitude towards coaches and team-mates			
4.	Copes with workload in a positive way			
5.	Listens carefully to coaches and follows direction			
6.	Positively accepts critical feedback and takes opportunities to improve			

Comments:

Coach's Signature: _____ **Date:** _____

Thank You