



2016 Summer Leadership Academy (SLA) Information

I. Medical Form, Waiver & Health Insurance Information (See pgs 4-7)

- **SLA REQUIRES a completed medical form, signed waiver and proof of insurance prior to a student's arrival.**
- The medical form indicates that the student-athlete has received a physical medical examination after July 16, 2015. We will also accept a recent physical or a copy of a school's physical that certifies that the student-athlete is eligible to participate in athletic activities. Complete the SLA Medical Card signed by you and your health care provider, and mail/fax it to our office.
- Please identify a friend or relative as an emergency contact in the event you are out of touch.
- We have a professional certified athletic trainer on staff to handle medical needs, and a hospital is just minutes away from campus. Health and accident expenses are NOT included in the tuition and will be passed along to you and your family health insurance provider. **Please provide this insurance information on the SLA Medical Card.**

II. Leadership Class Selection (See pgs 8-9) & Self Evaluation (See pgs 10+)

- The SLA directors and coaches use your self-evaluation to develop an appropriate program for you as an athlete and leader. By carefully considering your responses, you allow us to become well acquainted with your goals prior to your arrival. *Please complete and return the self-evaluation as soon as possible.*
- As part of our classroom curriculum, you will take one leadership class. We ask that you carefully read the course descriptions and provide your top three choices. *Please make these selections and return them as soon as possible.*
- **You may want to seek the input of your coach as you fill out these forms.**

III. Arrival / Departure

- Registration is from 1:30 – 3:30pm on Friday, July 8th. There will be signs posted on the St. Andrew's School campus leading you to our registration site.
- For those student-athletes arriving by bus, train or plane, we have the following pick up time and locations.
 - Baltimore- Washington International Airport (BWI)
 - Thursday, July 7th at 5:00 pm
 - Philadelphia International Airport (PHL)
 - Friday, July 8th at 11:30 am , 12:30 pm and 1:30 pm
 - Train/bus station in Wilmington, DE (Amtrak and Greyhound/GotoBus)
- Friday, July 8th at 11:30 am, 12:30 pm and 1:30 pm
For those student-athletes departing by bus, train or plane, we have the following drop off time and locations. *Please Note: Students will be dropped off at their terminal. They will not be supervised in the airport.*
 - Baltimore-Washington International Airport (BWI)
 - Saturday, July 16th at 2:00 pm (note: students with this drop off time will miss the Final Ceremony)
 - Philadelphia International Airport (PHL)
 - Saturday, July 16th at 3:00 pm
 - Train/bus station in Wilmington, DE (Amtrak and Greyhound/GotoBus)
 - Saturday, July 16th at 3:00 pm
- Departure for students being picked up at St. Andrew's School is 2:00 pm on Saturday, July 16th.

PLEASE RETURN ALL REQUIRED FORMS VIA:

E-mail: krista@scleadershipacademy.org

IV. Final Ceremony and Barbecue

- Please join us for the SLA Final Ceremony! The Final Ceremony is the final forum for all student-athletes, coaches, and members of the SLA community. It includes the presentation of leadership awards as well as an informal reception/barbecue on Saturday, July 16th. The program will begin at 11:30am. We hope to see you there!

V. Visitation

- Family and guests are always welcome to visit SLA. Student-athletes **MUST** receive a Program Director's approval prior to leaving campus for ANY reason.

VI. Locks

- Dorm rooms will remain unlocked at all times. Although we have had limited problems with theft, we **STRONGLY DISCOURAGE** student-athletes from bringing items of high value (iPods, DVD players, PSPs, computers, etc.). That said, each athlete will have a dresser in his or her room that can be padlocked. We **STRONGLY ENCOURAGE** all student-athletes to bring a lock.

VII. Mail / Communication

- We have a post office on the St. Andrew's School campus. Should student-athletes wish to write home or receive mail, please use this address form. *Letters being mailed to students must be postmarked by July 10th in order to be delivered.*

NAME
c/o SportsChallenge
St. Andrew's School
350 Noxontown Road
Middletown, DE 19709-1605

- Should you have an **urgent reason** to reach us at St. Andrew's School between July 8th and July 16th, our phone numbers are as follows:

Andrea Valentine, Executive Director, SportsChallenge Leadership Academy – 240-463-3498
Jeremy Edwards, Director, Summer Leadership Academy – 202-321-3917
Sara duPont, Director of Admissions – 410-924-8691

By Sport:

Girls' Lacrosse – Alexa Caldwell – 302-598-4845
Girls' Basketball – Carrie Timmins – 610-755-5994
Girls' Soccer – Krysten Gibson – 913-461-4522
Boys' Basketball – Sam Permutt – 443-812-2547
Kodi Shay – 610-730-0181
Boys' Soccer – Jesse Gonzalez – 760-846-4097

VIII. Laundry

- Laundry facilities are available. It is recommended that student-athletes mark personal items (especially sports equipment and gear) with permanent marker. SportsChallenge is not responsible for lost or damaged property.

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Packing Lists

Clothes & Shoes	Bedding	Toiletries	Miscellaneous	DO NOT BRING
<ul style="list-style-type: none"> • Athletic apparel and shoes (see below) • SOCKS, socks and more socks • Bathrobe • Jacket / sweatshirt • Jeans • Sandals • Shower sandals • Sweatpants / warm-up pants • T-shirts • UNDERWEAR, underwear and more underwear • Casual evening wear • Swimsuit (we will have access to a pool during three afternoons) 	<ul style="list-style-type: none"> • Bath TOWELS and wash cloths • Blanket or quilt • PILLOW and pillow case • SHEETS (single-bed) 	<ul style="list-style-type: none"> • Shampoo • Soap and soap container • Deodorant • TOOTHPASTE / TOOTHBRUSH • Band-Aids • Tylenol/Ibuprofen 	<ul style="list-style-type: none"> • ALARM CLOCK (or watch/phone) • Combination lock • Hangers • Laundry detergent • Water bottle • FAN!!! • Sun block • Insect repellent 	<ul style="list-style-type: none"> • Computer • Television • iPod/PSP/DVD player and other valuables

Athletic Apparel & Gear

Basketball	Soccer	Lacrosse
<ul style="list-style-type: none"> • Basketball shoes • Basketball clothing • A reversible • Basketball players must have a pair of basketball shoes that will be worn ONLY in the gymnasium. No athlete will be allowed to wear shoes (into the gym) that have been worn outside the gym. 	<ul style="list-style-type: none"> • Cleats • Indoor soccer shoes • Running shoes • Soccer clothing • Shin guards • Water proof jacket • Keeper gloves/shirt/shorts (if applicable) 	<ul style="list-style-type: none"> • Cleats • Running shoes • Lacrosse clothing • Goggles • Mouth guard • Water proof jacket • Stick

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Medical Form (page 1 of 1)

(Parent / Guardian: please print and complete Sections 1, 2, 3 & 4)

Section 1: Emergency Contact Information

STUDENT NAME: _____ BIRTH DATE: _____

ADDRESS: _____ HOME PHONE: _____

PARENT/GUARDIAN NAME: _____ (C#) _____ (W#) _____

PARENT/GUARDIAN NAME: _____ (C#) _____ (W#) _____

Other authorized person(s) to contact in case of emergency:

NAME: _____ PHONE(s): _____ RELATIONSHIP _____

NAME: _____ PHONE(s): _____ RELATIONSHIP _____

Section 2: Insurance Information

Complete the information requested below OR attach a copy of insurance card (front and back).

NAME OF PHYSICIAN: _____ PHONE: _____

HEALTH INSURANCE: _____ INSURANCE PHONE #: _____

POLICY #: _____ GROUP #: _____

Section 3: Medical Information

ALLERGIES: _____

MEDICAL ILLNESSES: _____

MEDICATIONS: _____

(All medications that may be taken during competition require a physician's note)

PREVIOUS HEAD/NECK/BACK INJURY: _____

PREVIOUS HEAT-RELATED PROBLEMS: _____

PREVIOUS SIGNIFICANT INJURIES: _____

ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Clearance for Participation

Please attach a copy of a recent physical (within 1 year of program start date - after 7/20/12) OR have a physical/health care provider sign the below section.

Cleared without restrictions _____ Cleared with the following restrictions: _____

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: Date Received _____ Received By: _____

PLEASE RETURN ALL REQUIRED FORMS VIA:

E-mail: krista@scleadershipacademy.org

Waivers (page 1 of 3)

(Parent/Guardian: please print and complete below waivers)

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

PLEASE READ CAREFULLY BEFORE SIGNING

Permission and Informed Consent

I, _____ (parent/guardian), am the parent or legal guardian of _____ (minor child) and hereby give permission for the above-named minor to participate in the SportsChallenge (hereinafter referred to as "SC") Summer Leadership Academy (hereinafter referred to as "SLA"), which includes permission for the minor to participate in all SC SLA activities. I give SC permission to collect the minor's grades, attendance, test information and other performance information from his/her school and school district. I understand that this information will be used solely for evaluation purposes and will only be included in reports in aggregate form. I understand that SC assumes no responsibility for ensuring that the above-named minor reports to activities at the SC SLA.

The above-named minor and I agree to follow all the rules and requirements of the SC SLA. We acknowledge that SC has the right to terminate the above-named minor's participation in the SLA if it is determined that the minor's conduct is detrimental to the best interests of the group, violates any rules of the SLA, or for any other reason in SC's discretion.

The above-named minor and I have been informed of and understand the various aspects of the SC SLA. We understand that as a participant in the SLA, the above-named minor will engage in physical activities (including, but not limited to, practicing, training, competing in SLA events), during which the minor could sustain serious personal injuries, illness, property damage, or even death as a consequence of not only SC's actions or inactions but also the actions, inactions, negligence or fault of others, conditions of the equipment used, facility conditions, weather conditions, negligent first aid operations and procedures, and other risks not reasonably foreseeable at this time. We further understand that as a participant in the SLA, the above-named minor may ride transportation provided by SC and that accidents or property damage may occur during such transportation activities.

I understand that as the minor's parent or legal guardian it is my responsibility to ensure that the minor is sufficiently healthy to safely participate in the SC SLA. I and the above-named minor understand and acknowledge the dangers and risks associated with participation in this sports-related program (including all risks involved with transportation provided by SC) and acknowledge responsibility for the minor's health, and voluntarily assume all risks of sickness, injury, death, or other loss that might be sustained as a result of participation in the SC SLA.

(Agreement continued on next page)

PLEASE RETURN ALL REQUIRED FORMS VIA:

E-mail: krista@scleadershipacademy.org

Page 5 of 9

Waivers (page 2 of 3)

(parent/guardian: please print and complete below waivers)

Release, waiver, and indemnity

I, and the above-named minor child, further understand that sports involve physical contact between players, that serious accidents occasionally occur during such sporting activities, and that participants in such sporting activities occasionally sustain serious personal injuries (including death) and/or property damage, as a consequence thereof. Knowing the risks of participation (including, but not limited to, all risks involved with transportation provided by SC), nevertheless, I (on behalf of myself and the minor child) hereby agree that the named minor child above and I assume those risks and hereby release, waive, discharge, and covenant not to sue SportsChallenge Leadership Academy and its agents, sponsors, employees, officers, directors, and assigns who (through negligence or carelessness) might otherwise be liable to me, the named minor child (or our heirs and assigns) for damages.

I, on behalf of myself and the above-named minor child, agree to hold harmless, defend, and indemnify SportsChallenge Leadership Academy and its agents, sponsors, employees, officers, directors, and assigns from any and all liability, including any and all claims, demands, causes of action, suits, or judgments of whatever kind and nature, whether known or unknown, which I may ever have, on behalf of myself, the minor child, our heirs, executors or assigns, arising out of or related to participation of the minor child in the SC SLA (including transportation related thereto), whether for bodily injury or death, property damage or loss, breach of contract or otherwise, and regardless of how such injury or loss may arise, except for liability that may arise out of the intentional misconduct of SportsChallenge Leadership Academy and its agents, sponsors, employees, officers, directors, and assigns.

Medical Treatment

In the event of a medical necessity or emergency, I hereby authorize SC to make any necessary arrangements for the above-named minor's proper medical or surgical care (including, but not limited to, first aid and diagnostic procedures), and to give the required consents in connection therewith. I further authorize any medical, dental and/or emergency personnel selected by SC (including, but not limited to, treating physicians, nurses, athletic trainers, and other healthcare providers employed directly or through a contract with SC or St. Andrew's School) to secure and provide necessary and proper medical treatment for the care of the minor. The healthcare providers have my permission to release the minor's medical information to other healthcare providers and SC as necessary. I also give consent for the minor to be transported by ambulance to an emergency center for treatment. I understand that I will be notified as soon as possible in the event that an emergency arises requiring medical assistance and I assume all financial responsibility for any medical treatment (including transportation) for the above-named minor. I understand and agree that SC and its agents, sponsors, employees, officers, directors, and assigns assume no responsibility for any injury or damage that might arise out of or in connection with such authorized medical treatment.

(Agreement continued on next page)

PLEASE RETURN ALL REQUIRED FORMS VIA:

E-mail: krista@scleadershipacademy.org

Waivers (page 3 of 3)

(Parent/Guardian: please print and complete below waivers)

Media Release Form

I give my consent to the photographing, recording, and broadcast of the voice and likeness, performance and/or talents and any written material of the above-named minor, as part of television, film, radio, still photograph, CATV program or web-based media (referred to below as the "Programs"). I also consent to the use of the minor's written work in SC publications and/ or other media publications. I acknowledge that SC is the sole owner of all rights in and to the Programs and the photographs, video footage, recording thereof, and written work, for all purposes, and that SC has the right, among other things, to broadcast the Programs one or more times over any station or CATV system or website, or provide any other distribution of the Programs. I understand that the minor and I shall receive no compensation for the minor's appearance on and inclusion in the Programs. The minor's name, likeness, or written work may be used in advertising and promotional material for SC, but not as an endorsement of any product.

Choice of Law

I hereby agree that this Agreement shall be construed in accordance with the laws of the District of Columbia. I understand that I may seek legal counsel of my own choosing to fully explain any terms of this Agreement before I sign it.

Severability

If any terms or provision of this Agreement shall be held illegal, unenforceable, or in conflict with any law governing this Agreement the validity of the remaining portions shall not be affected thereby.

By my signature below, I certify that I have custody of the above named minor or am the legal guardian by court order, the minor has received a physical exam and has been found capable of participating in the SC Summer Academy, and the information contained on this form is correct. I further certify that I have read this agreement and fully understand its terms and that I am aware that this agreement includes a release and waiver of liability, an assumption of risk, and an agreement to indemnify.

Parent /Guardian Signature: _____ Print Name: _____

Print Name of Participant: _____ Date: _____

For office use only: Date Received _____ Received By: _____

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Student-Athlete Class Selection Form

LEADERSHIP CLASS

Name: _____

As Part of our classroom curriculum Student-Athletes will take one leadership class: Full descriptions are below. Please write the numbers 1, 2 and 3 next to the classes to indicate your 1st, 2nd and 3rd preferences.

- 101: Leading, Following & Motivating Others (Strongly encouraged for rising 10th graders)
- 104: Communication & Public Speaking (Open to All)
- 107: Leadership Models from the Sports World
- 202: Conflict Resolution in Sport (Only rising 11th & 12th graders)
- 203: Decision Making & Personal Vision (Only rising 11 & 12 graders)
- 209: Practical Leadership Skills for School and Business (Only rising 11th & 12th graders)

Leadership Class Descriptions:

Leading, Following & Motivating Others (101) - This course focuses on the leadership process as a combination of leaders, followers, and context. Student-athletes become aware of the intricacies of group dynamics and team culture. They learn to adapt to changing environments and apply their leadership skills to sports, school, and extracurricular life. Learned motivational techniques support the development of the student-athletes as they evolve into effective leaders and team players. **(Strongly encouraged for rising 10th graders).**

Communication & Public Speaking Skills (104) - Students learn to organize thoughts and articulate opinions as they develop confidence speaking in front of classmates, teammates, large groups and interviewers. Student-athletes strive to develop the ability to be clear and concise. Students learn and strengthen their ability to speak up, lead and direct others, as well as gain confidence in preparation for the college interview process. While completing a personal inventory of their communication strengths and weaknesses, students will determine their own communication style and learn how to communicate more effectively with others.

Leadership Models from the Sports World (107) - Student-athletes explore and debate the impact of sports leaders past and present. Among the questions considered: What attributes do the greatest sports leaders "outside the lines" share and why? What can we learn from the careers of: Jackie Robinson, Muhammad Ali, Pat Summitt, Lance Armstrong, Billy Jean King, Arthur Ashe, Pelé, Cheryl Miller, Phil Jackson, Jackie Joyner-Kersey, John Wooden, Bill Bradley, Mia Hamm, Babe Didrikson Zaharias, Thierry Henry, Martina Navratilova and Bill Russell? The course will culminate with students creating a fictional documentary designed by the class about an imaginary sports figure who embodies the leadership characteristics most admired by the student-athletes.

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Conflict Resolution in Sport (202) - Student-athletes investigate intra-team conflict during both games and practices. The class inquiry includes relationship conflicts between teammates as well as between players and coaches. The class centers on methods for maintaining composure, maturity, and perspective as the group looks at high energy, real-life sport situations. The class also analyzes the utilization and sources of power. Techniques for negotiating, resolving disagreements, and learning to guide emotional energy are tools students will acquire. **(ONLY rising 11 & 12 graders)**

Personal Vision & Decision Making (203) - Students explore the pressures put on their time as they attempt to balance family, academics, sports and social lives. Student-athletes learn to clarify their values, prioritize their time and investigate the ramifications of their decisions. Student-athletes are challenged to create personal visions for their athletic careers and overall school life. **(ONLY rising 11 & 12 graders)**

Practical Leadership Skills for School and Business (209) - Through this class you develop concrete, off the field and court leadership skills that help you in high school, college and the working world. Through interactive classes, you learn how to: run for class office, start a school event, deliver presentations, create an action plan, run an effective meeting and work in diverse groups. Instructors share strategies while students practice skills and receive critique. These practical skills allow you to make a greater difference in your community as well as prep you for life after school.

Do you have interest in attending our optional college counseling seminars? YES NO

(If yes, and you are a rising junior or senior, please bring a copy of your transcript, recent test scores and your school profile.)

ADDITIONALLY, EVERYONE TAKES:

Introduction to Effective Leadership (Day One Seminar) - This opening night forum introduces important leadership theory as well as the leadership styles that are pivotal for athletes to consider. Leadership myths are broken down, and student-athletes are challenged to consider how they will highlight their own leadership strengths and improve upon their leadership weaknesses.

Sports Psychology

The Mental Side of Athletics (106) - This class focuses on the mental preparation involved in athletics. Student-athletes learn to remain calm, focused and under control during high-pressure games. Techniques for the development of a consistently focused and positive mind-set direct the course as student-athletes investigate various forms of relaxation and positive mental imagery. All student-athletes are challenged to incorporate a mistake ritual into their athletic routine.

OR FOR RETURNING STUDENT-ATHLETES

Sports Psychology II (206) - Building on the skills learned through Sports Psychology I, veteran athletes delve deeper into techniques for relaxation, visualization, flow and focus as well as how to best handle high-energy moments on the fields and courts. Student-athletes create a detailed pre-competition routine that best prepares them for each game as well as a personal performance profile. Finally, athletes discuss “catastrophe theory” and develop a specific plan for how to handle negative emotions, particularly frustration. **(For 2nd year SC alums)**

Facilitation Skill Development (305) - This course teaches student-athletes the art of facilitation as they are exposed to the instructor side of key leadership exercises. The student-athletes practice leading a series of leadership initiatives with groups of staff and students acting as “the team.” Student-athletes return to their schools and programs prepared to run leadership exercises for middle and elementary school students back home. **(For 3rd and 4th year SC alums)**

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Student-Athlete Self-Evaluation Form
LACROSSE—FIELD PLAYER

GOALKEEPERS, please see your evaluation form on pages 12-13. Thank you!

The SportsChallenge directors and coaches will use the following evaluation to develop an appropriate program for you as a lacrosse player and leader. By carefully considering your responses, you allow us to become well acquainted with your goals prior to your arrival. **You may want to seek the input of your coach as you fill out these forms.** In addition, you will be evaluated by your mentor on the assessment at the end of the Summer Academy.

Name: _____
School Team Position: _____ Club Team Position (if relevant) _____

Please place an X in the appropriate box based on where you think you rank on each of the following lacrosse skills.

	Needs Significant Improvement	Needs Improvement	Average	Above Average	Significantly Above Average	Comments
I. Individual Offensive Concepts						
Stick Skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Passing/Ball Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shooting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Man-up Situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Off-ball Movement/Cutting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dodges (1-on-1 moves)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
II. Individual Defensive Concepts						
Footwork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Man Down Situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
On-Ball Pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Denying the Pass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transition Defense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
III. Shooting						
Power Shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Finesse Shot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shot Selection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Placement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Student-Athlete Self-Evaluation Form Continued...
LACROSSE—FIELD PLAYER

Name: _____

	Needs Significant Improvement	Needs Improvement	Average	Above Average	Significantly Above Average	Comments
IV. Team Concepts						
Offensive Spacing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fast Break Concepts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team Defense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Draw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clear	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Ride	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
V. General Fitness						
Speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Agility/Quickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Starts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Change of Direction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lateral Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
VI. Intangibles						
Communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Work Ethic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coachability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

ELECTIVES

Electives are high-level instruction sessions focusing on a very specific skill. Courses are taught by experienced coaches in groups of 3-5 athletes. Electives are the time you work on an area you aren't very confident in; **this is where you bring your game to the next level.**

Please rank the following areas of your game that **YOU WOULD LIKE TO IMPROVE**:
 (1 being your first choice to 10 being your last choice)

Shooting outside	Double teams and help defense
Shooting inside	Dodges and attacking
Stick work	Draw
Protection	Groundballs
Defense footwork and checking	3 v 2s (man up/man down situations)

Student-Athlete Self-Evaluation Form

LACROSSE—GOALKEEPER

The SportsChallenge directors and coaches will use the following evaluation to develop an appropriate program for you as a lacrosse player and leader. By carefully considering your responses, you allow us to become well acquainted with your goals prior to your arrival. **You may want to seek the input of your coach as you fill out these forms.** In addition, you will be evaluated by your mentor on the assessment at the end of the Summer Academy.

Name: _____

Please place an X in the appropriate box based on where you think you rank on each of the following lacrosse skills.

	Needs Significant Improvement	Needs Improvement	Average	Above Average	Significantly Above Average	Comments
I. Clears						
Decision Making on Clears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Length of Clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Accuracy of Clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Supporting Defenders in Clears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to Possess Ball of Crease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
II. Individual Skills						
Footwork in Goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Body Positioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Communication to Defenders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
High Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Mid Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Low Shots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8 Meters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
III. Mental Aspect of the Game						
Presence on the field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Confidence in goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Resiliency after a goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Placement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Student-Athlete Self-Evaluation Form continued...

LACROSSE—GOALKEEPER

Name: _____

	Needs Significant Improvement	Needs Improvement	Average	Above Average	Significantly Above Average	Comments
IV. Team Concepts						
Fast Break Concepts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Team Defense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ride	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
V. General Fitness						
Speed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Flexibility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Agility/Quickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Starts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Change of Direction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lateral Movement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
VI. Intangibles						
Communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Work Ethic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Attitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coachability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	