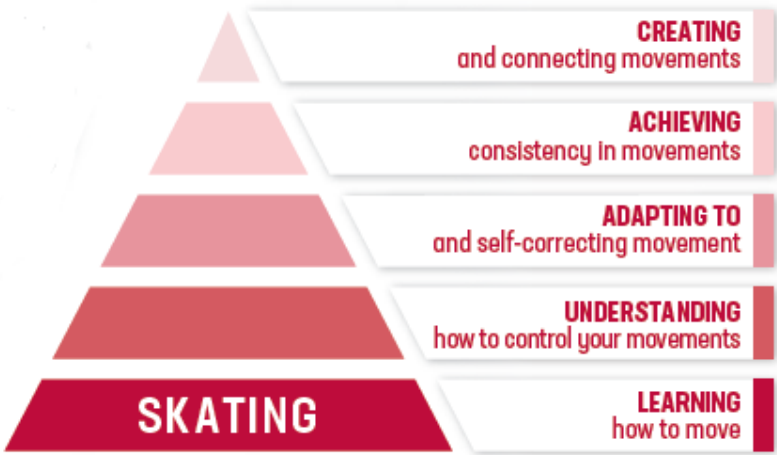


Assessment and Reflection

Using THIS IS ROLLER DERBY as a guide, mark where you fall on each development pyramid and on the IEDP progression lines. Use the space provided to jot notes about what you have achieved.



Foundation Skills



Why do you think this is where you are? How have you demonstrated this level?

Engagement & Recovery



Why do you think this is where you are? How have you demonstrated this level?

Stability & Control



Why do you think this is where you are? How have you demonstrated this level?

Team Skills/ Role-Specific Skills



Why do you think this is where you are? How have you demonstrated this level?

Scrimmage

Use this space to consider your experience with scrimmage.

<u>Complexity</u>	<u>Speed</u>	<u>Force</u>

Values and Behaviours

How do you uphold the WFTDA and league values ; how does your behaviour demonstrates this?

Anything else to add?

What are you enjoying? Where do you think you’re most succeeding? Where would you like extra support?

Coach’s assessment

to be completed after a conversation with the participant.

Set some goals!

3 months

Enter goals here!

6 months

Enter goals here!

12 months

Enter goals here!