Athlete: Date:

Post Race Event Evaluation

Meet Name: _____ **Location:** _____

Event: _____ **Time of Day:** _____

Event Result: _____ **Place:** _____

On a scale of 0-10 (0 being horrible and 10 being amazing) how was your peformance? Why?	
How was your pre-race plan/routine? Were there things that worked great? Were there things did not work well?	
How was your race/event strategy? How do you feel you executed it?	
Overall how did you compete? Good and Bad. Use facts and feelings	
How and what did your opponenets do?	
What do I need to do differently/work on?	
How would I do the race/event differently if given a chance right now?	

Was there anything unique about today?