



**I understand the long-term athlete development model proposed and can apply the principles within it to my wrestling program**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**I can select training priorities given the time available to me and the needs of wrestling**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**I can sequence training priorities within three practices in any given week of my program**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**I can teach basic mental skills including focus and anxiety management to the athletes I coach**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**I can plan how I will include mental training into my season and into a practice**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**During this workshop I had several opportunities to work on finding solutions to situations that are relevant to my coaching**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**During this workshop I had several opportunities to exchange with and learn from others**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**Having taken this workshop, I think I can do a better coaching job with the athletes I coach**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**I would recommend this workshop to other coaches I know**

1                      2                      3                      4                      5  
*Strongly disagree*                      *Strongly agree*

**Please answer the following questions:**

Would you be interested in attending another workshop for Competition -Introduction coaches?  
If so, what would you like to see included in the next workshop you attend?

Are there any other comments you wish to add?

**Thank you for your feedback, and best wishes in your coaching.**



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