## Lincoln University Rowing Scholarship Coach Report

Applicant's Name:

Finish:

Recovery:

1 2 3 4



Schola	rship a <sub>l</sub>	pplied	for: <b>Rowing</b>								
This rep	oort is o	due by	: 15 August								
Please	provide	e a cor	nfidential refe	rence on this form, f	or the abo	ove named st	udent.	This re	ference	e will only be used by th	ne
				e in determining the							
Prefei If Swee		-	line (Swee nat side	p/Scull):							
Alternative Discipline:											
Current NZ Sporting Representative: Yes No											
Playe	r's Ab	ilities	Rating:								
1 Exce	lent		<b>2</b> Good	<b>3</b> Adequate	<b>4</b> Ne	eds Work					
Techn	ical S	skill S	et								
Catch:						Slide:					
1	2	3	4			1	2	3	4		
Drive P	hase:					Hand N	/loveme	ent:			
1	2	3	4			1	2	3	4		

Body Position:

1 2 3 4

Knowledge of boat rigging / General boat set up: :

Comments on Technical Skill Set: Strength(s), Work-On's and player's 'point-of-difference'

Ph	ysical Attr	ributes and Te	est Data	
Вос	dy weight:		Height:	Arm span:
5kr	n Erg Test		Date	
	Erg set to 5	600m splits (as s	tandard)	
•	Average W	atts		
•	Average St	roke/Minute		
•	Average Sp	olits/500m		
20	00 m Erg Te	est	Date	
	Erg set to 5	i00m splits (as s	tandard)	
•	Average W	atts		
•	Average St	roke/Minute		
•	Average Sp	olits/500 m		
•	Overall time	е		
•	Power to W	/eight Ratio (W/k	g)	
Со	mments:			
Ре	rformance	e Character		
Per	formance F	ocus: The ability	to remain focussed or	n technical improvements and execute the improvements in competitions.
	1 2	3 4		
			<b>Mindset:</b> An attitude th	nat is open and willing to learn. When faced with a challenge, has the ability to
	1 2	3 4		
Res	silience:The	ability to "bound	ce back" and adapt and	d respond positively to negative events or difficult experiences.
	1 2	3 4		
		<b>iic:</b> Is intrinsicall <sup>,</sup> each their poten		onate, and has the dedication, determination and discipline required, particularly
	1 2	3 4		
				s appropriate amounts of time on non-sport interests such as family, friends, and relax away from sport as appropriate.
	1 2	3 4		
Со	mments on	Performance C	haracter: Strength(s), \	Work-On's and player's 'point-of-difference'
			<i>5</i> . <i>n</i>	

Moral Character
Self-Awareness: Is aware of personal strengths and work-ons and works to improve oneself.
1 2 3 4
<b>Awareness of Others:</b> Is aware of and understands others, their impact on others, and works to build effective relationships with other people.
1 2 3 4
Accountability: Is organised, well prepared, punctual and takes responsibility for their actions/performance.
1 2 3 4
<b>Self-Reliance:</b> Can take responsibility for what they have control over, be self-empowered and reliable. Is organised, well prepar punctual, can problem solve effectively and doesn't need to be constantly supervised.
1 2 3 4
<b>Team Person:</b> Contributes well to team cohesion and adheres to team values and protocols.
1 2 3 4
Integrity: Honest and consistent of character, trustworthy.
1 2 3 4
Comments on Moral Character: Strength(s), Work-On's and player's 'point-of-difference'
Future Prediction
Based on the player's current abilities and potential for growth, what level do you believe they are capable of achieving?
NZ U21 or NZ University Trans-Tasman
RPC
NZ U23 or World University Championships
Elite World Championships/Olympics
Do you know of any limiting factors or injuries that may reduce their ability for potential growth, if so please comment below:

If you wish to do so, please add any further comments such as environmental factors here (e.g., sport culture, coaching-training, family support/pressure, peer group, life skills, other sports & interests):

Coach Name (please print)

Level **coached** at (please indicate): School Club Representative
Level **played** at (please indicate): School Club Representative

Contact Phone: Mobile:

E-mail address:

Signature: Date:

## Please email this report to:

scholarships@lincoln.ac.nz