



# Athlete Assessment Form

Athletes Name \_\_\_\_\_  
 CAMP ID Number: \_\_\_\_\_

Check in weight: NA \_\_\_\_\_  
 Date: \_\_\_\_\_

**Scoring Guideline - a 1-10 point system will be used**

- 1-3 Did not meet expected standard
- 4-5 Skill level below expected standard
- 6-7 Meets expectations
- 8-10 Skill level above expected standard

Athletes being selected would have to score 6 and above for the technical and shadow boxing segments.

TECHNICAL EVALUATION	Score	Comments	
Focus: Ability to follow instruction and remain focussed throughout the rounds and session. *scored at the end of technical evaluation			
Boxing Mechanics (stance, hand positioning, body positioning, coordinated movements, flow, self expression)			
Footwork (balanced, forward motion, lateral motion, angles, quickness, coordinated)			
Punch Quality (jab, cross, hooks, straights, combinations, hand recovery after throwing)			
Defence (head movement, slip, weave, parry, other tactics)			
<b>TOTAL (possible 50 points):</b>			
SHADOW BOXING EVALUATION	Score	Comments	
Round 1 - Open format shadow boxing			
Round 2 - Controls added - Jen			
Round 3 - Controls added - Virg			
<b>TOTAL (possible 30 points):</b>			
TACTICAL EVALUATION	Score	Comments	
Offensive Tactics			
Defensive Tactics			
<b>TOTAL (possible 20 points):</b>			
FITNESS EVALUATION	Score	Comments	
Running Sprint			
Vertical Jump			
Shuttle Run			
Mid-thigh Pull (youth only)			
<b>TOTAL:</b>			
		Score	Comments
<b>OVERALL SCORE</b>			
<b>Additional Comments:</b>			

Evaluator \_\_\_\_\_

Signature \_\_\_\_\_