

XTND – Mentoring / Competencies Sheet Year 1

Participant Name:

Club:

Mentor:

Competencies	Review		Actions to Support Coach	Second Review if required		Competency met Coach/ Mentor signature
	Date	Type		Date	Type	
Punctuality						
Appearance						
Body Language						
Verbal Communications						
Ability to accept feedback from others						
Working with others						
Ability to adapt in a given situation						
Active engagement						
Year 1 Specific Competencies						
Assist in a group warm-up						
Lead a small group in a basic activity or station						
Able to identify the seven Foundation Movement Patterns						

Review Key : O –Observation; W – Written evidence V-Verbal feedback; F – Feedback from others; OT – Others form for review

The above named coached had been successfully mentored through Year 1 of the XTND Programme

Mentor Name:

Head Coach Name:

XTND Participant Name:

Signature:

Signature:

Signature:

Date:

Date:

Date:

XTND – Mentoring / Competencies Sheet Year 2

Participant Name:

Club:

Mentor:

Competencies	Review		Actions to Support Coach	Second Review if required		Competency met Coach/ Mentor signature
	Date	Type		Date	Type	
Punctuality						
Appearance						
Body Language						
Verbal Communications						
Ability to accept feedback from others						
Working with others						
Ability to adapt in a given situation						
Active engagement						
Year 2 Specific Competencies						
Lead part of a warm-up						
Working under coach supervision to run a circuit or series of activities						
Identify a skill and break down FMP'S within the skill						

Review Key : O – Observation; W – Written evidence V-Verbal feedback; F – Feedback from others; OT – Others form for review

The above named coached had been successfully mentored through Year 2 of the XTND Programme

Mentor Name:

Head Coach Name:

XTND Participant Name:

Signature:

Signature:

Signature:

Date:

Date:

Date: