



LIFE OF AN ATHLETE

A Program of NHIAA

THE FIVE 5C'S OF AN EFFECTIVE LEADER:

An assessment tool to determine leadership characteristics

Because a leader needs to have more than skills, this assessment tool frames athletic excellence around five educational aims or characteristics (the 5 C's) for an effective leader: competence, civility, character, citizenship, and chemical health. This instrument is designed to be used by athletic directors, administrators, or coaches to assess an individual's potential as an effective leader.

Usage:

- An AD, coach, or other administrator should observe a potential student leader for a limited period of time.
- Circle the appropriate number that best describes the potential leader on each of the five components.
- Determine average and calculate the total of the average scores.
- Make a recommendation whether the student should be a team leader, has potential, or should not be considered based on the average scores.
- Be sure to include comments of the things that were observed, both positive and negative.

Student Name: _____ Team: _____

Coach: _____ Name Surveyor: _____

Calculation: (To calculate average, take total score of each category and divide by number of questions in category.)

Competence average _____

Civility average _____

Character average _____

Citizenship average _____

Chemical Health average _____

TOTAL AVERAGE SCORE: _____

Recommendation: (circle one)

Team Leader

Leader in Training

Would Not Recommend

Areas of Strength:

Scoring Key:

4.0-3.0 = **Team Leader**

2.9-2.1 = **Leader in Training**

≤ 2.0 = **Would Not Recommend**

Areas for Improvement:



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CIRCLE THE NUMBER THAT BEST DESCRIBES THE EVIDENCE OF THE CHARACTER OF THE POTENTIAL LEADER.

1= not evident

2= sometimes evident

3= mostly evident

4= strongly evident

COMPETENCE

Has necessary level of skill development and knowledge of game/strategies, and fitness/conditioning/
healthy behavior

Skill Development

C- 1.1 Has developed the skills necessary to participate competently in the game 1 2 3 4

Knowledge of the Game/Strategies

C- 1.2 Demonstrates knowledge of the rules and conventions of the game 1 2 3 4

C- 1.3 Demonstrates knowledge of the strategies of the game 1 2 3 4

Fitness/Conditioning/Healthy Behavior

C- 1.4 Demonstrates a level of physical conditioning and fitness sufficient of participate competently
in the game 1 2 3 4

C- 1.5 Demonstrates knowledge of healthy behaviors, including nutritional issues 1 2 3 4

COMPETENCE SCORE (average of ratings of items 1.1-1.5): _____

CIVILITY

Demonstrates behavior that exemplifies consideration for others through respect, fairness, and caring

Respect

C- 2.1 Practices good manners on and off field; refrains from trash talk of opponents or teammates 1 2 3 4

C- 2.2 Treats all persons respectfully, regardless of individual differences 1 2 3 4

C- 2.3 Shows respect for legitimate authority (e.g. officials, coaches, and captains) 1 2 3 4

Fairness

C- 2.4 Is fair; treats others as one wishes to be treated 1 2 3 4

Caring

C- 2.5 Listens to and tries to understand others; is sensitive and compassionate 1 2 3 4

C- 2.6 Actively supports teammates and others 1 2 3 4

CIVILITY SCORE (average of ratings of items 2.1-2.6): _____



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CHARACTER

Demonstrates attitudes and behaviors that relate to moral strength, including responsibility, accountability, dedication, trustworthiness/fair play, and self control

Responsibility

C– 3.1 Dependable in fulfilling obligations 1 2 3 4

Accountability

C– 3.2 Accepts responsibility for consequences of actions; doesn't make excuses or blame others 1 2 3 4

Dedication

C– 3.3 Strives to excel 1 2 3 4

C– 3.4 Is committed 1 2 3 4

C– 3.5 Perseveres (gives 100% effort; doesn't give up in the face of setbacks) 1 2 3 4

Trustworthiness/ Fair Play

C– 3.6 Demonstrates truthfulness 1 2 3 4

C– 3.7 Plays by the rules of the game; doesn't cheat 1 2 3 4

Self Control

C– 3.8 Controls anger and frustration; refrains from displays of temper and bad language 1 2 3 4

C– 3.9 Accepts losing/winning gracefully (congratulates opponents; doesn't sulk or display other negative behavior) 1 2 3 4

CHARACTER SCORE (average of ratings of items 3.1-3.9): _____



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CITIZENSHIP

Represents the social responsibility to the team and community through commitment, teamwork, and role modeling

Commitment

C– 4.1 Is faithful to the ideals of the game, including sportsmanship 1 2 3 4

C– 4.2 Keeps commitments to the team (e.g. is diligent about practice and following rules) 1 2 3 4

C– 4.3 Shows team spirit (encourages others, contributes to good morale) 1 2 3 4

Teamwork

C– 4.5 Works well with teammates to achieve team goals 1 2 3 4

Role Modeling

C– 4.6 Sets a good example for teammates, younger players, fans, and school community 1 2 3 4

CITIZENSHIP SCORE (average of ratings of items 4.1-4.6): _____

CHEMICAL HEALTH

Supports zero tolerance of chemical health use individually and for the team through role modeling, communication, and enforcement

Role Modeling

C– 5.1 Follows the standards for athlete chemical health use as dictated by the code of conduct 1 2 3 4

Communication

C– 5.2 Speaks of standards of behavior, especially of chemical health issues among teammates 1 2 3 4

C– 5.3 Acts as a conduit between the team and coaches 1 2 3 4

Enforcement

C– 5.4 Confronts any teammate that discourages or fails to comply with chemical health standards 1 2 3 4

C– 5.5 Takes any behaviors of concern or noncompliance of code of conduct to adult authority 1 2 3 4

CHEMICAL HEALTH SCORE (average of ratings of items 5.1-5.5): _____