

BFI Boxing Athlete Evaluation Form

Athlete Name:	Weight Class:	
Evaluation Topic	Max 10 Points per Category	Comments
Attendance at HPU training		
High Performance Compliance: Ability to follow Team Policies & Procedures, participate fully in individual and team activities.		
International Performance Potential: Potential for success at the international level based on assessment of technique and skill by HPU Coaching Staff.		
Weight Management: Compliance with Body Weight Management.		
Health Management: Compliance with all Medical advice and Guidelines		
High Performance Mindset: Displays drive, determination, willingness to learn new concepts, continuous improvement mindset.		
Evaluation Topic	Max 40 Points per Category	
Performance in Training: Successful implementation of techniques and tactics taught by National Head Coach, National Strength & Conditioning Coach, and High Performance Staff based on the subcategories listed on the following page.	0	
Boxer Evaluation Score	0	

Scoring Guide

0	1 or 2	3 or 4	5 to 6	7 to 8	9 to 10
Very Poor	Poor	Below Average	Average	Above Average	Excellent

Performance in Training Subcategories		
Athlete Name:	Weight Class:	
	Event Name & Date:	
Evaluation Topic (Technical/Tactical Criteria)	0 - 5	Comments
Competitiveness/Domination		
Combination Punching		
Effectiveness of Defense		
Effectiveness of Attack		
Effective Jab		
Mental Toughness/Conditioning		
Effective Feinting		
Coachability		
Adaptability		
Rules Infringement/Ring General		
Total	0	