

BFI Boxing Athlete Evaluation Form

Athlete Name:	Weight Class:	
Evaluation Topic	Max 10 Points per Category	Comments
Attendance at HPU training		
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 50 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	
Athlete Name:	Weight Event
Evaluation Topic (Technical/Tactical Criteria)	0 - 5
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

ing Subcategories
ht Class:
t Name & Date:
Comments

Scoring Guide		
0	Very Poor	Did not fulfill any aspect of topic
1	Poor	Boxer not competitive, taking too much punishment
2	Below Average	Boxer did not demonstrate enough boxing criteria
3	Average	Boxing demonstrated adequately in boxing criteria, but not consistent
4	Above Average	Boxer demonstrated majority of boxing criteria proficiently
5	Excellent	Boxer demonstrated all boxing criteria consistently and dominantly

