

## BFI Boxing Athlete Evaluation Form

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



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

g 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
