

## **Sports Merit Badge:**

### **Active Participant**

Objective: Working with a coach the student will evaluate their current performance, plan strategies for improvement, set end-season goals, and track their progress.

Requirements:

**Assessment:** Using current performance or former season statistics, write a very specific explanation of your strengths and areas of improvements for your sport. Please use specific statistics if possible.

*Evidence:* written explanation.

**Plan:** Schedule a meeting with your coach. Together, in writing, plan *specific* season goals. Be sure to list specific strategies/exercises/drills, or training, etc. for improving your needed areas.

*Evidence:* written plan by you and the coach.

**Track:** Make a graph. Using a weekly (or per game) time frame, graph your performance in EACH of your needed areas for EACH week. Make sure your graph has the time on the X axis, and your performance on the Y axis.

*Evidence:* produced graph.

**Evaluate:** Again, meet with your coach after your season is over. Revisit your goals, have the coach write a brief evaluation of your performance/improvement for the season. Finally, write a brief summary evaluating your own performance, struggles, goals, triumphs improvements etc over the season.

*Evidence:* written evaluation from coach, written summary from student.

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