



- 1 Do I know what is expected of me at practice?**
- 2 Do I have the facility and equipment I need to train effectively?**
- 3 In practice, do I have the opportunity to do what I do best every day?**
- 4 In the past week, have I received recognition or praise for training well?**
- 5 Does my coach seem to care about me as a person?**
- 6 Is there a coach at practice who cares about my development?**
- 7 At practice, do my questions and opinions seem to count?**
- 8 Do the goals of my team make my role seem important?**
- 9 Are my teammates committed to having quality practices?**
- 10 Do I have a “best friend” at practice?**
- 11 This season, has one of the coaches talked to me about my progress?**
- 12 In the past year, have I had opportunities in practice to learn and improve?**

“CAN OUR SWIMMERS HONESTLY SAY WE ARE WORKING FOR THEM?”