

**PSE 4U PORTFOLIO ASSIGNMENT OPTION # 2**  
**Assisting with Coaching/managing a Sports Team**

Name \_\_\_\_\_

Date Handed In \_\_\_\_\_

**Instructions:**

1. You are to volunteer to assist in coaching a sports team (school or elementary based team).
2. You must put in a minimum of TEN hours.
3. You must write a one page (minimum) reflection paper based on your experience.
4. You must have the coach of the team print and sign their name on this sheet indicating that you have met your commitment and leave a contact number.
5. Hand in this sheet with your reflection.

**Reflection Questions:**

1. Describe the make up of the team (team name, player age, gender, division, level of competitiveness, travel team etc.).
  - a. Describe a typical practice (warm up, drills, conditioning, cool down, length of time spent on each area). Choose at least one drill to describe in detail and explain its purpose.
  - b. Rationalize the order of the practice (why is it done this way? Could it be organized differently?)
2. Describe your role as an assistant coach.
  - a. Give examples of what you did.
  - b. What were your responsibilities and/or duties?
3. Comment on the coach's relationship with the players of the team. Do they treat them fairly, with respect, dignity etc. Do all athletes get equal playing time? Why or why not?
4. What was the atmosphere like within the team (did everyone get along, where there any rifts or arguments among the coaches, players etc. ?)
5. How did the coach and/or yourself facilitate team cohesiveness and/or overcome adversity (Injuries, losses, etc.) Give specific examples.
6. Briefly discuss the coach's history as a coach. How long has he coached for? What sports has he coached?
7. Did you enjoy this activity? If you could be in charge for one day, what would you do differently?

**Contact Information:**

Name and Signature of Head Coach \_\_\_\_\_

Contact Phone Number \_\_\_\_\_

Contact E-mail \_\_\_\_\_

**Evaluation Rubric**

Category	Incomplete/Remediation	Level 1	Level 2	Level 3	Level 4
<b>Knowledge and Understanding-</b> knowledge of facts and terms	Insufficient demonstration of expectations	Demonstrates limited knowledge of facts and terms	Demonstrates some knowledge of facts and terms	Demonstrates considerable knowledge of facts and terms	Demonstrates thorough knowledge of facts and terms
<b>Thinking/Inquiry</b> - analyzing and interpreting information; forming conclusions	Insufficient demonstration of expectations	Uses thinking skills with limited effectiveness	Uses thinking skills with some effectiveness	Uses thinking skills with considerable effectiveness	Uses thinking skills with a high degree of effectiveness
<b>Communication-</b> communication of ideas and information	Insufficient demonstration of expectations	Communicates information and ideas with limited clarity	Communicates information and ideas with some clarity	Communicates information and ideas with considerable clarity	Communicates information and ideas with a high degree of clarity and confidence
<b>Application-</b> making connections	Insufficient demonstration of expectations	Makes connections with limited effectiveness	Makes connections with moderate effectiveness	Makes connections with considerable effectiveness	Makes connections with a high degree of effectiveness

