

## Athlete Information

Athlete Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Age Category: \_\_\_\_\_

## Skill Evaluation Table

Skill	Advanced	Proficient	Developing
FWL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bunnyhop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pedal Control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spatial Awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Manualling/Pumping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jumping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Sprint Performance

Coach may categorize based on time benchmarks

- Advanced
- Proficient
- Developing

## Overall Athlete Rating

- Advanced
- Proficient
- Developing

## Coach Notes

# Skill Descriptions

## 1. FWL / RWL (Footwork / Rider Weight Line)

**Advanced:** Maintains optimal weight distribution in all phases; transitions are smooth and automatic; stable at speed.

**Proficient:** Generally maintains correct weight line; occasional lapses in balance or timing.

**Developing:** Struggles to maintain balance; weight shifts are inconsistent or delayed.

## 2. Bunnyhop

**Advanced:** Clears obstacles with height and control; precise timing; stable at speed.

**Proficient:** Reliable bunnyhop; adequate height and timing with occasional inconsistency.

**Developing:** Limited lift; inconsistent timing; difficulty coordinating wheel movement.

## 3. Pedal Control

**Advanced:** Smooth, powerful, efficient strokes; excellent modulation in technical sections.

**Proficient:** Generally strong pedaling; occasional choppiness or mistimed strokes.

**Developing:** Inconsistent cadence; struggles with timing or smoothness.

## 4. Spatial Awareness

**Advanced:** Reads track features early; anticipates rider traffic; instinctively chooses optimal lines.

**Proficient:** Good awareness; occasional misjudgment of spacing or lines.

**Developing:** Frequently surprised by features or rider movement; difficulty choosing lines.

## 5. Manualling

**Advanced:** Holds manuals confidently over long distances; smooth entry/exit; excellent balance.

**Proficient:** Can manual reliably for short distances; balance is decent but inconsistent.

**Developing:** Difficulty lifting or holding front wheel; balance breaks down quickly.

## 6. Jumping

**Advanced:** Controls height, distance, and landing consistently; smooth takeoff and stable flight.

**Proficient:** Generally controlled jumps; occasional over/under-shoots or unstable landings.

**Developing:** Struggles with timing, balance, or landing; inconsistent takeoff technique.

## 7. Gates

**Advanced:** Explosive, timed, consistent starts; strong first pedal and clean acceleration.

**Proficient:** Good timing and power; occasional slow reaction or imbalance.

**Developing:** Inconsistent timing; weak first pedal; difficulty maintaining balance.