

PCA Prospective Trainer Profile Tabulation

- _____ 1. Four points for each PCA Workshop you have attended as a participant or observer, maximum of twenty points.
- _____ 2. Two points for each PCA On-line Course have you taken, maximum of ten points?
- _____ 3. How many of the following PCA books have you read?
- The Power of Double-Goal Coaching* (six points)
 - Positive Sports Parenting* (one point)
 - The High School Sports Parent* (one point)
 - Elevating Your Game* (one point)
 - Developing Better Athletes, Better People* (one point)
- _____ 4. Rate your listening skills on a scale of 1-10.
- _____ 5. Two points for each year of group facilitation experience, maximum of ten points.
- _____ 6. One point for each year of public speaking experience, maximum of five points.
- _____ 7. Rate your availability to do workshops on weekends on a scale of 1-5.
- _____ 8. Rate your availability to do workshops on weeknights on a scale of 1-5.
- _____ 9. Rate your availability to do workshops on weekday mornings and afternoons on a scale of 1-5.
- _____ 10. Two points for each year of coaching experience at the collegiate, international or professional levels, maximum of twenty points.
- _____ 11. One point for each year of coaching experience at the high school level, maximum of ten points.
- _____ 12. One point for each year of coaching experience at the youth level, maximum of ten points.
- _____ 13. One point for each different organized sport you have played, coached, administrated or officiated, maximum of ten points.
- _____ 14. One point for each year of sports playing experience at the National Team or professional level, maximum of ten points.
- _____ 15. Five points for a degree in Sport Psychology.

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PCA Prospective Trainer Prole Tabulation, continued

- _____ 16. One point for each year of teaching at the high school or collegiate level, maximum of ten points.
- _____ 17. One point for each year of work as a corporate trainer, maximum of five points.
- _____ 18. On a scale of 1-5, rate your experience and ability with powerpoint presentation, design and editing.
- _____ 19. On a scale of 1-5, how well do you think you can engage and connect with a wide variety of sports groups.
- _____ 20. On a scale of 1-5, rate your organizational and time management skills.
- _____ 21. One point for each year of experience as a performer or entertainer (actor, musician, broadcaster, etc.), maximum of five points.
- _____ 22. Five points if you have coached or competed in the Olympic Games.
- _____ 23. Five points if you have ever won a professional sports championship as a coach or player.
- _____ 24. Five points if you have ever won a collegiate national championship as a coach or player.
- _____ 25. On a scale of 1-5, rate yourself for a combination of energy, enthusiasm and sense of humor.

ADD UP ALL YOUR POINTS FOR A TOTAL SCORE.

175-200: Too good to be true!

150-174: Strong candidate

125-149: Good candidate

100-124: Average candidate

50-99: Below average candidate

0-49: Weak candidate

This form is meant to give you a better idea of your preparedness for the trainer role. If you would like to submit this completed Prospective Trainer Profile Tabulation along with your Trainer Application Form, feel free to do so, however this is optional.