

CREATING COMMUNITY CHARACTER

THE UNIVERSITY OF NORTH CAROLINA SELF/PEER EVALUATION PROCESS

INSTRUCTIONS

- Appraise each team member's ATTITUDE, PERFORMANCE, CHARACTER, and DISCIPLINE.
- Rate yourself.

DESCRIPTIONS

- A. Excellent Performance.
- B. Good Performance, but could use a little improvement.
- C. Fair Performance, but definitely needs improvement.
- D. Poor Performance, with serious problem areas.

ATTITUDE

1. TEAMMATES - Being friendly/helpful/responsive & caring to teammates.
2. COACHES - Respecting & supporting coaching decisions & directions.
3. PROFESSORS - Respecting & cooperating with
4. PROGRAM - Contributing to the reputation & growth of the Soccer Program by being a positive life force.
5. SELF-DEVELOPMENT - Having desire to take specific steps to improve as a player.

PERFORMANCE

6. ACADEMICS - 100% effort/attending classes/using available resources-library etc.
7. PRACTICE - Tough practice player/hustling 100%.
8. TRAINING - Following a rigorous weight program to protect yourself from injury and improve your general athleticism, always pushing yourself & others.
9. COMMUNITY - Being a responsible role model at all times, giving back to the communities that helped build you.
10. CONFIDENCE - Having faith in your abilities without being conceited/arrogant.

CHARACTER

11. MENTAL TOUGHNESS - Staying focused/doesn't get down on herself, teammates, coaches, etc. . . . taking responsibility rather than distributing blame when the going gets tough.
12. RELIABILITY - Making curfews/coming to practices, meetings, games on time/returning equipment.
13. LOYALTY - Saying positive things about teammates, staff and program "behind their backs" to maintain a close family atmosphere of support.
14. CONDUCT - Displaying behavior consistent with program philosophy/moral principles.
15. STRENGTH - Being a force of fortune instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not denote itself to making you happy.

DISCIPLINE

16. FITNESS BASING - Has the capacity to stay fit year round - consistently training aerobically, anaerobically and in the weight room and doing this on a regular basis working hard to be the best you can be.
17. HARD-BODY/HEALTH - Has the discipline to eat the best foods in the correct amounts to stay and live at an optimum body weight to feel good, look good and perform at optimum levels not just here but for life.
18. SELF-DEVELOPMENT - Has the ambition to become the best soccer player you can be; working on and correcting technical weaknesses as well as improving all fitness bases and playing the game on a regular basis wherever you are, even in soccer deserts where you have to create your own training environments (finding kick walls to shoot on your own, etc.)
19. THE WILL TO PREPARE TO WIN - Has the understanding that everybody wants to win but what distinguishes the champions from everyone else is that the champions have daily, weekly, monthly and yearly plans on what they are going to do to become the best and then they carry these plans out . . . discipline yourself to be a champion . . . it is not easy but it will always distinguish you from everyone else.

"What is it that binds us to this place as to no other? It is not the well or the bell or the stone walls or the crisp October nights or the memory of dogwoods blooming here on the crest of New Hope Chapel Hill . . . our love for this place is based on the fact that it is as it was meant to be . . . the university of the people."

**Charles Kuralt
UNC 1959**