

Lacrosse Student Athlete Self Assessment

PLAYER NAME:

Years Playing: DOB: OLC #:

Mobile #: E-mail:

Middle School: Rating Scale
5 exceptional

High School: 4 superior
3 average

Grades Right hand Left hand 2 need work
/GPA: 1 new skill

Catching dominant hand: Cradling:

Catching off hand: Dodging:

Catching over the shoulder: Offense:

Passing dominant hand: Defense:

Passing off hand: Lax IQ:

Passing over the shoulder: Athleticism:

Scooping ground ball: Attitude:

Sportsmanship: Leadership:

Position I want to play:

I want to be a team captain:

Personal goals: