

### ATHLETE ASSESSMENT AND EVALUATION FORM

#### Individual Athlete Performance Evaluation Rating Technique - PERT Chart

Name of Athlete:		Date of Birth:		Gender:	<b>M</b>	<b>X</b>	<b>F</b>	
Weight Class:	lbs.	kgs.	Date of Eval.:	Height:				
Evaluator:				Evaluation Location:				

*Please utilize the following scale to rate the athletes in the specific areas of performance:*

1-3 = Needs immediate attention		4-6 = Avg. dev. of an elite boxer										7-8 = Prepared for internat'l competition					9-10 = Podium ready						
Category	Rating	1	2	3	4	5	6	7	8	9	10	Category	Rating	1	2	3	4	5	6	7	8	9	10
<b>Techniques</b>												<b>Skills</b>											
Stance												Ring Generalship											
Footwork												Offensive Skills											
Hand Position												Defensive Skills											
Jab												Technique Selection											
Straight Punch												Tempo											
Hook												Distance Management											
Uppercut												Bout Management											
Adv. punching techniques												Adaptability											
Faking and Feinting												Turning the Opponent											
Breaking at the Waist												Understanding of rules											
Ducking																							
Clinching																							
Category	Rating	1	2	3	4	5	6	7	8	9	10	Category	Rating	1	2	3	4	5	6	7	8	9	10
<b>Physical</b>												<b>Psychological</b>											
Strength												Coachable											
Handspeed												Confidence											
Quickness												Disciplined											
Agility												Mental Toughness											
Balance												Focus											
Coordination												Work ethic											
Reflexes												Warrior spirit											
Flexibility												Lifestyle											
Resilience												Attitude and character											
Conditioning																							

**Notes or Comments:**