



# USAV CAP LEVEL I

## COACHING PHILOSOPHY WORKSHEET

NAME: \_\_\_\_\_ COURSE SITE/CODE: \_\_\_\_\_

Fill out the top section and bring 2 copies with you to the CAP Level I course. One copy of the completed worksheet, including your revised Philosophy, will be turned in to your Cadre following the Philosophy session.

**MY PROGRAM MISSION STATEMENT:** \_\_\_\_\_

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**MY CURRENT FUNCTIONAL COACHING PHILOSOPHY:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

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**SIGNATURE:** \_\_\_\_\_

<p><b><u>DEFINE the KEY TERMS used in your Coaching Philosophy above:</u></b></p> <p>1) _____ _____</p> <p>2) _____ _____</p> <p>3) _____ _____</p> <p>4) _____ _____</p> <p>5) _____ _____</p> <p>6) _____ _____</p>	<p><b><u>NOTES - Important Elements of a Coaching Philosophy:</u></b></p> <p>1) _____ _____</p> <p>2) _____ _____</p> <p>3) _____ _____</p> <p>4) _____ _____</p> <p>5) _____ _____</p> <p>6) _____ _____</p>
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