Office of Sport

Individual Athlete Development Plan

Athlete Details

Full Name	
Date of Birth	
Program/Location of DTE	
Current Date	

Athlete Support

Coach(es)	
Strength & Conditioning	
Health/medical	
Other	

CURRENT Status of Athlete Profile

Physical Maturation (i.e., YPHV)	
Physicality & Physiology	
Sport-specific skills (includes perceptual, tactical & technical elements)	
Cognitive Maturation	
Psychological skills	
Athlete Wellbeing & Engagement	

Rating Scale

	5. Excellent (no improvement required)
	4. Advanced (still some room for improvement)
	3. Competent
	2. Developing
	1. Poor

Competition Plan

Name of Competition (Age Band, Level, Location)	Date	Goal and Focus

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Physical Preparation & Recovery

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

Technical Skills & Application

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

Tactical Skills & Application

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

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Psychological Skills & Application

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

Wellbeing & Engagement

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

Knowledge & Application

What do I need to Change / Improve?	Where am I currently at?	Where do I want to be?	How will I achieve this?	Who can assist me? People/ Resources	Review Date	Comments / Evaluation

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