

You can use these questions to thoughtfully and honestly assess your team climate. This flexible tool can guide:

- » Self-reflection
- » Discussions with other sport staff, athletes, and their parents

Think about your personal coaching style. Then, select how much you agree with the following statements.

COACHING STYLE	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
The number of wins is the best way to measure a coach's success.					
Helping athletes develop as people is an important part of coaching.					
Coaches should work proactively to create an environment where everyone feels included.					
Being tough on athletes is the best way to help them succeed. No pain, no gain.					
Teasing and roughhousing on sports teams is normal. Athletes who are bothered by it should toughen up.					

Rate how often these behaviors occur on your team.

COMMUNICATION	OFTEN	SOMETIMES	RARELY	NEVER
Athletes come talk to me about concerns they have.				
I listen with an open mind when athletes talk with me about their concerns.				
I model self-control in stressful situations, like during a tough competition.				
I apologize and model accountability if I lose my temper.				
I speak up when I see others (parents, coaches, administrators, athletes) saying or doing things that cause someone harm.				
I talk to athletes about what appropriate and inappropriate behavior look like.				
I am clear about my expectations for athletes' behavior and the consequences for inappropriate behavior.				

ATHLETE INTERACTIONS	OFTEN	SOMETIMES	RARELY	NEVER
Sometimes my athletes' playful teasing and bantering crosses the line into bullying.				
My athletes respect each other's physical and emotional boundaries.				
Certain athletes are actively excluded by teammates.				
Certain athletes isolate themselves from the broader team.				
My athletes may think hazing can help the team bond.				
My athletes participate in positive team-bonding traditions where everyone is included.				

Review your answers and consider areas that may need improvement. What specific actions can you take or strengthen to improve team climate?