# Self-Assessment Standards Workbook



Actual Score	Total Possible Score
	55
0	85
0	95
0	70
0	90
0	50
0	195
0	85
0	725
	0 0 0 0 0 0 0

Revised 9.9.20		

#### Leadership and Governance

Question	Score	Comments
We utilize a standing committee structure (or equivalent strategy) to		
divide up and delegate board work. Each committee has good leadership		
and reports to the full board of directors.		
Our board regularly evaluates organizational performance, overall board		
performance and individual board member accountability.		
We have an active and engaged board of directors that fulfills clear roles		
and responsibilities.		
Each board member and officer regularly evaluates his or her own		
performance.		
We have current and binding bylaws that our board and organization		
follow.		
Our club values both character development and athletic performance.		
The board regularly evaluates the executive leadership (executive		
director/director/head coach, etc.) and the executive leadership is		
responsible for evaluating all other staff.		
The executive leader of the organization (executive director, director,		
head coach, etc.) submits an annual self-evaluation to the board of		
directors.		
We have an official mission statement.		
We have active and accountable board officers fulfilling the duties of		
board president/chair, board treasurer, and board secretary.		
We perform a SWOT analysis or other like exercise annually that includes		
board members and key staff. This is reflected in a strategic plan with		
short and long term goals and objectives.		
Total	0	

# **Finance and Funding**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional			
		Score	Comments	
	Our board of directors drafts an annual budget with the staff leadership			
1	that is formally approved by the board.			
	We draft an annual financial report (even a simple one) for our			
2	organization, parents, and other constituents.			
	Our board of directors actively gives or gets resources for the			
	organization, and provides leadership in all areas of resource			
3	development.			
	Our budgets and financial plans are a direct reflection of our mission,			
4	values, and goals.			
	Our budget is structured such that the following are easy to identify and			
	track: earned revenue vs. development revenues; operating vs. capital			
	expenses; In-kind resources; program expenses vs. general operating			
	expenses; cash flow budgeting.			
6	We have drafted a <b>case statement*</b> for our club.			
7	We have made contact with our local community foundation(s).			
	Our club has clear policies and procedures for accepting and processing			
	charitable gifts, sponsorships, in-kind donations, and other support.			
8	Including appropriate recognition of the donor/sponsor.			
	Our budgets and resource development plans account for appropriate			
9	financial aid or scholarship funds.			
	Major financial policies are current in our bylaws and we are aware of the			
10	Sarbanes-Oxley guidelines as they relate to financial accounting practices.			
	We are aware of and adhere to the best principles and practices of			
11	financial reporting.			
	Our club is aware of and adheres to the best principles and practices of			
12	ethical fundraising.			

	Our club quantifies and tracks in-kind gifts, donations and support (including board/volunteer hours, and support from the host		
13	resort/partner).		
	Our board of directors and club leadership understands and reviews a "profit and loss" report, a "YTD budget to actual" report, and a "balance		
14	sheet" report no less than quarterly.		
15	Our club has clear goals represented in our resource development or fundraising plan.		
16	We have an overall resource management plan that includes human (staff, volunteers, etc.), physical (facilities and equipment), and financial resources.		
	Our club has clearly defined roles and responsibilities regarding financial accounting and financial performance.		
	Total	0	
	*A case statement is simply a written document that states the most important facts about an organization. It can range in length from a wallet- size card to twenty pages or more. Also called the case for support, is the core document of any fundraising, especially for specific fundraising initiatives such as capital or endowment campaigns. The case statement should include your mission, vision and values statements, and should set out to clearly answer the who, what, and why of your fundraising efforts. Below are some questions that an effective case statement might seek to answer:		
	- How does this organization help people?		
	- Who do we help?		
	- What vital services do we offer?		
	- What is our organization's track record?		
	- What are our plans for the future?		
	- How do we use our money?		
	- Why do we deserve support?		

# **Fostering Club Culture**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional			
	Question	Score	Comments	
	We emphasize the importance of student-athlete academic			
	responsibilities. They are frequently discussed, monitored and			
1	consistently supported by the entire club community.			
	We enforce high ethical standards with regards to our athlete recruiting			
	practices, and we respect athlete and parent decisions with regards to			
2	what program is best for them.			
	Our club awards and recognizes individuals, behaviors, and performances			
	that best represent all aspects of our desired culture with parents,			
3	athletes, volunteers and coaches.			
	We regularly discuss the important balance between character			
	development and athletic performance with our parents, athletes,			
4	coaches, and community.			
	Our club actively strives to promote and encourage a "shared culture"			
5	with U.S. Ski & Snowboard			
	As a club, we strive to provide optimal and knowledgeable coaching at all			
6	levels.			
	We have an athlete code of conduct that we take seriously and enforce			
7	consistently.			
	We are proactive to confront members of the community who encourage			
	breaches and allow breaches in the code of conduct. We expect athletes,			
	parents and the club community to not only abide by and respect our			
	codes of conduct for themselves, but also not tolerate the actions of			
8	others who may not support the codes			
	We have a clearly stated and documented process for code of conduct			
9	violations, conflict resolution and other due processes.			

11/0 005	ncistantly amphasiza the importance of long term athlate		
	nsistently emphasize the importance of long-term athlete pment with our parents, athletes, coaches and community. Our		
	nd coaches focus on an athlete-centered approach that allows all		
	es to pursue excellence within their own chosen goals - consistent ne mission and vision of the club.		
	ub, we are fostering a culture that measures club and athletic		
	mance against consistent standards.		
-	gularly use, discuss and display our mission, values, and goals with		
!·	s, athletes, coaches, staff and the community.		
	ub strongly supports a non-discriminatory environment, has a		
	non-discrimination policy which it enforces consistently, and		
	ses this both formally and informally with parents, athletes,		
	es, board and community.		
	ucate parents about their appropriate roles and responsibilities -		
	ormally and informally. We facilitate parent-to-parent education		
14 and me	entoring.		
15 We alw	vays host a parent orientation meeting in the fall or early winter.		
16 We end	courage parent involvement, and recognize parents' rights.		
Our coo	des of conduct and disciplinary processes allow for self-referral.		
("Self-R	Referral" means that a student-athlete or other member of the club		
commu	unity may come forward to ask for assistance in dealing with a		
situatic	on(s) that have to do with a breach of the club's codes, policies or		
values.	. This "self-referral" would then be dealt with through educational,		
medica	al or other appropriate means, rather than through disciplinary		
measur	res. This process of "amnesty" is only available for those who "self-		
	and not after "getting caught." The club community should be		
	of this policy and its limits with regards to confidentiality and		
	ing that may be required by law.)		
	lize U.S. Ski & Snowboard resources to help us reinforce our own		
	Iture as well as the culture of the U.S. Ski & Snowboard.		
We reg	gularly discuss our philosophies on "winning" vs. "success" (both		
-	ly and informally) with our parents, athletes and coaches. We are		
	ng these philosophies as consistently as possible.		
		0	
	LOTAL		
	Total		

# PR, Communications, and Marketing

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional				
	Question	Score	Comments		
	We post or distribute training schedules, competition schedules,				
	information on upcoming events and other up-to-date and easy to access				
1	information.				
	All available communications outlets are properly utilized, and we				
2	frequently provide stories to the local media.				
	We have dedicated personnel or volunteers who monitor and implement				
3	our communications plan.				
	We have a coordinated plan that guides all our PR, communications, and				
-	marketing efforts.				
5	Our communications plan includes strategies for community outreach.				
	We look for ways and discuss strategies to co-market and co-brand our				
6	club with our host resort and/or other major partners.				
	We advertise throughout our local and regional market - especially				
	through an established relationship with all local schools.				
	The mission, vision, values and goals of the organization are				
8	communicated consistently in all of our communications and marketing.				
	We utilize some type of newsletter to communicate updates and club activities to all constituents.				
9					
	Our communications reflect our non-discrimination policy and are intended to reach all potential constituents. Further, we are always				
10	looking to include new demographics represented in our communities.				
	We capitalize on the use of appropriate U.S. Ski & snowboard marketing				
	campaigns and resources, as well as other opportunities such as:				
	"National Club Day", "NSAA's Learn to Ski and Snowboard Month", FIS's				
	"World Snow Day" and "Bring Children to the Snow" projects and other				
11	opportunities at our local resort.				
	We employ some social media strategies for club communications and				
12	marketing - Facebook, Twitter, etc.				
			<u>I</u>		

	We utilize U.S. Ski & Snowboard's available marketing (i.e. co-branded merchandise) and communication (i.e. job postings, coach forum)		
13	resources.		
	We use a regularly updated and user friendly website. It contains good		
14	information for all constituents.		
	Total	0	

#### **Human Resources**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional			
	Question	Score	Comments	
	Our staff is made up of individuals that are enthusiastic team players who			
	maintain personal and professional integrity and are thereby motivated,			
1	reliable and accountable.			
	Our staff is safety conscious, committed to goals, and they are positive			
2	influences and role models for children.			
	Our staff members are available to parents, and communicate effectively			
3	and professionally with all constituents.			
4	Our club offers appropriate compensation and benefits.			
	We comply with all U.S. Ski & Snowboard rules and procedures regarding			
	coaching staff qualifications and our coaching leadership has adequate			
	levels of US Ski & snowboard certification in line with U.S. Ski &			
5	Snowboard coaching certification standards.			
6	We use written position descriptions for all staff positions			
	We specifically allocate resources to staff and professional development			
7	activities.			
	Our staff and organization structure is well defined and well			
8	communicated to all staff.			
	We have specific guidelines with regards to staff or professional			
9	development requirements and/or opportunities.			
	We use a staff handbook that contains information about the			
	organization's history, mission and culture, compensation guidelines,			
	professional development, performance reviews, benefits, and other			
10	major staff and organizational policies.			
	Our club offers some incentives for coaches and staff receiving higher			
	levels of certification or advanced degrees applicable to their position.			
	Further, the club recognizes staff for achieving established performance			
11	standards.			

	We have clear guidelines regarding the grounds for termination, and the		
	process associated with termination. We always have good		
12	documentation regarding performance when a termination is necessary.		
13	We train staff regularly.		
14	We evaluate staff regularly.		
	Our club complies with U.S. Ski & Snowboard membership for all coaches		
	and officials - which includes requirements for background checks,		
15	SafeSport and concussion policies.		
	Our club leadership is involved in US Ski & Snowboard Sport Education		
16	programs (i.e. Clinics, Conference, Teaching Clinics, etc.).		
	Our club utilizes U.S. Ski & Snowboard education programs and we		
17	encourage our families, athletes, coaches, and members to do the same.		
	We recruit for and train volunteers regularly. We give volunteers clear		
18	work descriptions.		
	Total	0	

## **Athlete Safety**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional			
	Question	Score	Comments	
	Our club is aware of and vigilant in dealing with any form of abuse			
	including emotional, physical and sexual misconduct, bullying, hazing,			
1	harassment.			
	Our club, its leadership, coaches, parents, athletes and volunteers are all			
2	aware of the SafeSport Code, and Policies and Procedures			
	Our club uses the SafeSport guidelines as an educational tool for its			
	leadership, athletes, parents and coaches. Further, we have policies and			
	resources in place, including "emergency action plans", with regards to			
3	SafeSport claims and violations.			
	Our club requires all individuals who are in a position of authority and/or			
	having frequent contact with athletes, including coaches, officials, staff, volunteers and members of the Board of Directors to have a current U.S.			
	Ski & Snowboard membership which triggers SafeSport Training and Background Screening.			
	Our club has reviewed the U.S. Ski & Snowboard Minor Atlhete Abuse			
	Prevention Policies (MAAPP) and adopted and incorporated all required			
	policies into their own club policies.			
	We offer and give SafeSport Training (or provide a link to the US Center			
	for SafeSport Trainings) to parents and minor athletes			
	We do additional DMV checks for individuals driving athletes or club			
5	vehicles.			
	First Aid and CPR training and certification is current for all appropriate			
	staff. We provide for or arrange relatively easy ways for our staff to			
6	renew these certifications.			
	Our club is aware of and monitors the use of supplements used by its			
7	athletes. We have clearly defined guidelines for their acceptable use.			

	We only allow trained and certified professionals to manage our training		
8	and competition arenas.		
	We have safety protocols and guidelines for all club travel - which include		
	written travel policies that must be agreed to and signed by all athletes,		
	parents, coaches and other adults traveling with the club, and which are in		
9	complete compliance with the MAAPP policies.		
	Our club is in compliance with U.S. Ski & Snowboard concussion policies		
10	and practices and state requirements.		
	Total	0	

## **Club Programming**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional				
		Score 1-5	Comments		
1	For education of athletes, coaches and parents use of all phases and domains of the U.S. Ski & Snowboard Training Systems model is encouraged, supported and utilized.				
2	We implement SkillsQuest (or alternative skill-based assessment in non- alpine sports) and use U.S. Ski & Snowboard accredited evaluators, or trained evaluators (or equivalent).				
3	We use (and explain and present to athletes and parents) a clear athlete progression that coincides with the principles of long term athlete development and the U.S. Ski & Snowboard Training Systems.				
4	Our coaches have adopted and discuss a common teaching language and terminology.				
5	Our coaching staff frequently discusses the power, purpose and effectiveness of giving athletes feedback and considers the appropriate timing and messaging.				
6	Our program uses video analysis to provide athletes with immediate visual feedback.				
7	Our club programs follow written curricula that are in line with U.S. Ski & Snowboard Training Systems, the athlete development pipeline and an assessment of benchmark skills.				
8	Our club groups athletes according to their developmental phase (athletically, physiologically, emotionally/psychologically) and not just chronological age. There is open and consistent communication among the coaching staff, parents and athletes regarding athlete grouping and optimal development.				
9	Our club curriculum includes an emphasis on and implementation of physical conditioning.				
	Our club curricula incorporate cross training and general motor skill development.				

	Our club provides some year-round training/physical conditioning - or	
	maintains contact with athletes and families year-round regarding the	
11	same.	
12	Our club conducts periodic strength and conditioning testing.	
	Our club curriculum includes appropriate rest and recovery sessions or	
13	activities.	
	Our club has a dedicated strength and conditioning staff to plan and	
	deliver the conditioning program - or - our club utilizes outside	
14	professional resources to do the same.	
	Our curriculum incorporates appropriate technical and tactical skill	
15	acquisition that is age-appropriate and sport and/or discipline specific.	
	Our club curriculum includes guidance and oversight with equipment	
16	selection, preparation and maintenance.	
	We educate our athletes and families about, and verify the use of, U.S. Ski	
	& Snowboard, FIS and other governing bodies' equipment guidelines and	
17	regulations.	
	We look for opportunities to help our athletes test and acquire different	
18	products.	
19	Our program focuses on fun and rewarding skill acquisition.	
20	Our program emphasizes sportsmanship and fair play.	
	Our coaches communicate our core values and a philosophy of	
21	performance that are consistent with our club's values and philosophies.	
	Our club curriculum teaches athletes how to set and monitor individual	
	goals, and supports the achievement of these goals. We have a dedicated	
	staff member or other resources that lead our mental skills training	
22	program.	
23	Our curriculum introduces and uses visualization and imagery techniques.	
24	Our curriculum develops athlete concentration and focus skills.	
25	Our curriculum teaches and uses relaxation and/or arousal techniques.	
	Our coaches develop a season-long athlete management plan for each	
26	athlete.	
27	We provide coaching at all competitive events attended by the team/club.	
	Our program teaches and implements competition day plans that include	
28	behaviors, techniques and strategies.	
29	We develop course/venue inspection skills in training and at competitions.	

	We have clearly established athlete-to-coach communication strategies		
30	and necessary equipment during competitions.		
31	We provide educated and professional coaching at all levels.		
	We provide coaching (or help coordinate and arrange with regional,		
	national or international partners) at every level of competition that any		
32	of our athletes reach.		
34	We have clear "return from injury" policies and procedures.		
35	We have a clear anti-doping policy.		
	We incorporate education about nutrition and performance in our		
36	programming for athletes and parents.		
	Our club works to maximize the use of our available terrain preparing		
37	athletes for various, and less than ideal conditions.		
	Our club is open and honest in discussing relative talent and the balance		
38	of talent, skill acquisition and effort.		
	Our coaches get involved with appropriate local, regional and national		
39	camps, competitions and projects.		
	Total Score	0	

# **Club Logistics**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional		
	Question	Score	Comments
	Our club, its leadership, coaches, athletes, parents and families are		
1	advocates and ambassadors for our local or host resort.		
2	We offer and present our club as a resource to the resort.		
	We have an adequate and trained volunteer base for the events as we		
3	host or help host.		
	We implement course/venue control systems and communications		
4	systems during all training and competitions.		
	We have a communication plan in place to inform parents, the club		
	community, and key leadership about critical incidents (major happenings		
	that everyone is likely to hear about anyway, i.e. injuries, discipline, etc.),		
5	such that we as a club can help "control the flow" of information.		
	Our club has an emergency action plan for all of our training and		
6	competition venues.		
	Our club procures all the necessary tools and equipment to implement our		
	programming and events. This includes age-appropriate equipment and		
	compliance with U.S. Ski & Snowboard and/or FIS regulations.		
8	Course inspection is mandatory in our club.		
	We maintain our courses and venues up to industry standards and US Ski		
9	& Snowboard guidelines.		
	Our club board of directors has made and maintains direct contact with		
10	resort ownership about our on-going strategic alliance.		
	The appropriate person/people at our club deal directly with the		
	appropriate resort management and personnel to execute written		
	agreements that are backed by the strategic alliance discussed by the		
11	board and resort ownership.		
	Knowledgeable club staff purchases all equipment or someone informed		
	by knowledgeable club staff, and is stored, maintained and properly		
12	monitored by a dedicated and trained staff.		

	Our club has fostered a good working relationship with our local/host		
13	resort.		
	Our programs and club are organized such that we can give detailed		
	information about our program activities to the resort and other allies		
14	well in advance.		
	Our club uses the U.S. Ski & Snowboard Event Organizer Handbook as a		
15	resource for mapping out roles and responsibilities for competitions.		
16	Our club has a venue safety plan.		
	We strive to have all agreements with the resort and other strategic allies		
17	in writing and formally reviewed on an annual basis.		
	Total	0	

#### **Athlete Development High Performance Standards - Dry Land Programming**

	1=poor 2=below average/less than satisfactory 3=average/satisfactory 4=above average/more than satisfactory 5=exceptional		
		Score 1-5	Comments
	Club Philosophy and Athlete Development System		
	We have a statement of intent/purpose regarding the process and vision		
1	of athlete development.		
	Our athlete development statement addresses all components of the U.S.		
	Ski & Snowboard Athlete Training System physical fitness and mental		
2	training domains.		
	We have and can provide an example(s) of general annual training plans		
	for alpine, snowboard, freestyle, cross country and freeski sports. (if		
3	applicable)		
	Athletic development programming (dry-land) addresses the expected		
4	movement competencies and training skillsets for national team athletes.		
_	We have written policies and procedures for current return to snow		
5	practices, processes and staff structure.		
6	We have an established plan and process for testing procdures and data collection.		
0	We have adpoted the U.S. Ski & Snowboard SkillsQuest -Fitness testing		
	battery (along with any others preferred by our club) and contribute to a		
7	centralized database.		
- 1	We utilize the U.S. Ski & Snowboard USTART testing battery for		
8	development athletes.		
	We have access to U.S. Ski & Snowboard (or other) Force Plate testing		
9	equipment and protocols.		
	Human Capital and Resources		
	Our club has a clearly defined management plan for medical and sports		
	medicine situations, including named team physician/medical director,		
10	primary point of contact at club and sports medicine integration process.		

-			
	We have direct point of conatct with the U.S. Ski & Snowboard HIgh		
	Performance Coordinator. This dedicated liaison is a member of our high		
	performance team. (Minimum requirement for High Performance Center		
11	partners)		
	We employ at least one (1) qualified athletic development coach and can		
	provide resume and qualification to U.S. Ski & Snowboard. (Minimum		
12	requirement for High Performance Center partners)		
	We employ at least one (1) qualified sports medicine professional		
	(physical therapist and/or certified athletic trainer) and can provide		
	resume and qualification to U.S. Ski & Snowboard. (Minimum requirement		
13	for High Performance Center partners)		
10	We maintain a maximum coach to athlete ratio of 1:20, and work to		
14	facilitate a schedule that allows for an average ratio of 1:12 if possible.		
17	We work to provide opportunities for HP team and coaches to attend all		
	HPC projects, workshops, and collaboration programs – both regional and		
15			
15	central (Park City). (HIgh Performace Center Partners only)		
	We work to include sport coaches in all projects where applicable, and		
	provide opportunities for internal education to sport coaches/staff that do		
16	not attend HPC projects. (High Performace Center Partners only)		
	We provide services to athletes for nutrition consultations with a		
	registered Dietitian (preferably one certified in Sports Dietetics). This can		
17	be sourced externally.		
	We provide services to athletes for consultations with a licensed sport		
18	psychologist/mental coach when necessary.		
	Facility Access and Availability		
	We provide and maintain a facility for athlete development training that		
	meets with the expectations of preparation for athletes on the national		
19	team (movement competency and training skills).		
	We provide and maintain a facility appropriate for injury treatment,		
	physical therapy/athletic training, private consultation and return to snow		
20	training.		
	We provide a general overview of training and schedule of access to		
21	facilities for athletes.		
	We regularly review current facility needs and offerings with regard to		
	equipment, floor/surface, space constraints/allowances, schedule/access		
22	limitations etc. and adjust planning and resources accordingly.		
	Total Score	0	
		0	