

**'Elbows' 2010**  
**Debrief Member, team event**

**Debriefing Personal performance in event championship**

**Event name.....**

You can use this page for either a singles event or a a member of the team. We always review performance (together) with the eye on your future goals – sometimes even wins hide sins.

**Player rating performances**

Using these numerals to rate your games performance (1-3=no good; 4-5=OK; 6-8= very good; 9= exceptional; 10= perfect), how would you rate each game in the recent event(**insert figure**).....

What % level standard did you perform at (**insert a % figure**).....

**What did you see out to achieve (goal, game plan, 'pb')**

**What specific goals / game plans worked well**

**Why did you win / lose**

**What was your strength & weakness on the day**

**What caused pressure in this event**

**What do you change/ can we change for you to win (more often)**

**What did you learn from any of your opponents**

**Was your training adequate for the event, explain**

**Any other comment + or – you wish to make about your effort**

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**Did you have the right TEAM / positions, explain**

**What did your skip set out to achieve for you in the TEAM games**

**What TEAM goals / game plans work for the event**

**What was the TEAM strength & weakness on the day**

**Why did your TEAM win / lose**

**What caused pressure in the TEAM**

**Did you learn anything today from either your TEAM mates or your opponents, explain**

**Was the training of the TEAM adequate for the event, explain**

**Rate the other TEAM member performances using the rating schedule on other page**

**Any other comment + or – you wish to make about you or the TEAM**

**Hope you enjoyed the journey, it certainly should be fun**

Lachlan,  
December. 2010