



Student Name: Drew Langer
 Coordinator: Nancy Reed
 Co-op Term: 2013 - Fall
 Co-op Program: Recreation and Health Education

Job Posting: Strength and Condition Practicum/Internship
 Supervisor: Mike Souster
 Organization: Peak Power Sport Development
 Division: Peak Power Sport Development

Final Assessment

Core Competencies (supervisor)

Competency	Assessment	Commentary
Personal Management	Exemplary	Drew was never late and was always dependable.
Communication	Accomplished	Drews ability to communicate with the various athletes was one of his biggest skills.
Managing Information	Accomplished	Drew took control of a young alpine ski group and made them love coming to training. Last year some of them struggled with wanted to train. This year Drew made them look forward to their time here.
Research and Analysis	Accomplished	Drew did a fabulous job on his legacy project. Well done.
Project and Task Management	Exemplary	Drew was very self driven with his project and did not have to have his hand held. His project was well done.
Teamwork	Exemplary	Drew always did whatever was asked of him with a smile on his face. What a team player.
Commitment to Quality	Exemplary	Drew took pride in his work and his ability to talk with athletes. He did a very good job of pulling the best out of the athletes he was training.
Professional Behaviour	Accomplished	Drew was well liked by all athletes at Peak and was able to change his interactions with various athlete sub groups as was needed. For example, working with young Alpine skiers (8-12) and then work with college athletes.
Social Responsibility	Exemplary	I had the opportunity to have a few discussions with Drew about extra curricular reading and was very impressed by his choice of books he chose to read on his spare time in personal development.
Continuous Learning	Accomplished	I do know that Drew had not focussed him major in school to exercise physiology but he did an exceptional job on his legacy project which required him to do extra research in various areas of exercise phys.

Discipline Specific Competencies (supervisor)

Competency	Assessment	Commentary
Field of Practice/Body of Knowledge	N/A	N/A
Building Community	N/A	N/A

Overall Supervisor Comments:

Overall Supervisor Rating: