

Liebherr Masters College

REVIEW Player

| Name of the Player: | Season 2015/16 | Date: |
|---------------------|-------------------|------------|
| Irvin Bertrand | 1. Review | 18.01.2016 |
| Position: | Next Review Date: | |
| Player LMC | | |

GOAL:

1. The performance and moral of the player should be reflected over the last 6 months in order to review the standings of their table tennis and other related areas
2. Reflecting the strengths and/or topics which need to be improved
3. Showing the player exactly what is expected from him and give him possibility to improve

This chart is a guidance for the performance appraisal:

| | |
|--------------------------------|--|
| Insufficient | Player is not achieving the requirements requested in Ochsenhausen. Immediate improvement is needed |
| Improvement needed | Player is often not achieving the requirements in Ochsenhausen. Improvement is needed. |
| Meet the requirements | Player is achieving the requirements on a regulary basis. |
| Exceed the requirements | Player is exceeding the requirements and is an important example for others |
| Outstanding | Player is always exceeding the requirements and is an example for other players in strenth, will and moral |

| | Insufficient | Improvement needed | Meet the requirements | Exceed the requirements | Outstanding |
|---------------------------|--------------|--------------------|-----------------------|-------------------------|-------------|
| Results | | | | | |
| <i>League Balance</i> | | | X | | |
| <i>World Tour</i> | | | | | |
| <i>Challenger Series</i> | | | | | |
| <i>National Team</i> | | | | X | |
| <i>Other Tournaments:</i> | | | | X | |
| <i>Average Results:</i> | | | | X | |

Comment:

Generally you made good results, qualified for the World Championships, won a medal and collected good wins. You have done it with your new life in Ochsenhausen so this is a remarkable result. After the difficult summer and issues with France you could prove and show that your **choice was right** and results underline this, so **well done**. Moreover you started well and settled well in your new club and league.

| | Insufficient | Improvement needed | Meet the requirements | Exceed the requirements | Outstanding |
|-----------------------------|--------------|--------------------|-----------------------|-------------------------|-------------|
| Mental Area | | | | | |
| <i>Approach/ Attitude</i> | | | X | | |
| <i>Fighting Spirit</i> | | | X | | |
| <i>Persistence</i> | | X | | | |
| <i>Humility</i> | | | | X | |
| <i>Mood</i> | | | | X | |
| <i>Identification</i> | | | | X | |
| <i>Group Spirit</i> | | | X | | |
| <i>Average Mental Area:</i> | | | X | | |

Comment:

You have understood the basic things fast, you are ready to work for your own project, you are maturing, you are more open to the people, so in general good way! **Continue learning, work with yourself**, make initiative and develop your `angry` part. By understanding things you can catch up with the older players and your development can be faster than you think.

| Insufficient | Improvement needed | Meet the requirements | Exceed the requirements | Outstanding |
|--------------|--------------------|-----------------------|-------------------------|-------------|
|--------------|--------------------|-----------------------|-------------------------|-------------|

Physical Preparation

| | | | | |
|---------------------------|--|---|---|--|
| <i>Strength/Stability</i> | | | X | |
| <i>Endurance</i> | | | X | |
| <i>Speed</i> | | X | | |
| <i>Balance</i> | | X | | |
| <i>Flexibility</i> | | X | | |
| <i>Power</i> | | | X | |

Average Physical Preparation:

| | | | | |
|--|--|---|--|--|
| | | X | | |
|--|--|---|--|--|

Comment:

With the work you have started here you are about to understand the importance of physical work. Moreover you are just getting to know your body. After 5 months working on your back (pains before) your body is ready to work normal way and to improve (!). Keep in your mind that to be able to react fast, it starts in your mind. Your muscle works from your head. **Good start, continue this way, well done for the first steps!**

| Insufficient | Improvement needed | Meet the requirements | Exceed the requirements | Outstanding |
|--------------|--------------------|-----------------------|-------------------------|-------------|
|--------------|--------------------|-----------------------|-------------------------|-------------|

Game

| | | | | |
|---|--|---|---|---|
| <i>Footwork</i> | | X | | |
| <i>Forhand</i> | | | X | |
| <i>Backhand</i> | | | X | |
| <i>Passive Game (FH, BH, taking over)</i> | | | X | |
| <i>Above the Table (Flick, short-short, choop)</i> | | | X | |
| <i>Service</i> | | | X | |
| <i>Receive</i> | | | X | |
| <i>Far from the table (loobing, counter attack)</i> | | X | | |
| <i>Own game/style</i> | | | | X |
| <i>Stability</i> | | X | | |
| <i>Variations</i> | | | | X |
| <i>Consistency</i> | | X | | |

Average Game:

| | | | | |
|--|--|---|--|--|
| | | X | | |
|--|--|---|--|--|

Comment:

You have a good base and you are learning fast. It is normal that there are areas to improve, but you have already well developed strong parts as well. **So when you go to the war, you have weapon!** That is very important. In practice you are able to play more and more which brings your consistency level higher and higher. **This comes also mentally, so all is connected!** Keep the good daily work, keep listening and you will improve fast.

| Insufficient | Improvement needed | Meet the requirements | Exceed the requirements | Outstanding |
|--------------|--------------------|-----------------------|-------------------------|-------------|
|--------------|--------------------|-----------------------|-------------------------|-------------|

Off Table Activities

| | | | | |
|--------------------------------|--|--|---|--|
| Helping out (Pick Ups, ect.) | | | X | |
| Planning/ Organised | | | X | |
| Flat | | | X | |
| Lessons | | | X | |
| Car (condition/ accident ect.) | | | | |
| Being on time | | | X | |
| Extra work | | | X | |

| | | | | |
|--------------------------------------|--|--|---|--|
| Average Off Table Activities: | | | X | |
|--------------------------------------|--|--|---|--|

Comment:

Compare to your age you are well planned, well organised, you think of your life off the table as well, so that is very good. We have found the right organisation for you with the school and teacher that you follow and keep very well. You have also the **right people around you, keep always this in mind** and appreciate it, it is crucial for your success.

| | | | | |
|-----------------------|--|--|---|--|
| OVERALL RATING | | | X | |
|-----------------------|--|--|---|--|

Comment:

Very good start in Ox, congratulations, well done! You have managed your life with school, practice, travelling etc very well. Keep this way, stay on the line and stay with things you are working on! Simply but important steps are about to follow, you are well ahead of your age in many regards, you can enter the junior world quickly. For now you have been settled in your new environment so **keep working on your personality!**

Signature Player

Signature Observer