

# End of Season Dance Team Self-Assessment

## Personal Information

Name

Team/Group

Season/Year

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## 1. Reflect on Your Strengths

What are your key strengths as a dancer and team member this season?

## 2. Areas for Improvement

What specific areas do you feel you can improve in (technique, teamwork, performance, etc)?

## 3. Goals Achieved

List any goals you set and how you accomplished them.

## 4. Challenges

Describe any challenges you faced and how you handled them.

## 5. Contribution

How did you contribute to the team's growth and success?

## 6. Feedback to Coaches/Leaders

Any feedback or suggestions for coaches or team leaders?

## 7. Future Goals

What are your dance/team goals for next season?