Lincoln University Rowing Scholarship

5km Erg Test C W C W C W C C W C

Physical Attributes and Test Data

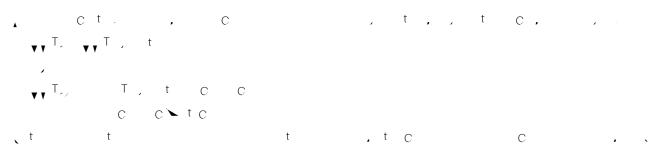
Performance Character

Comments:

Performance Focus: , [C ,		,	C -	
• /					
Performance Review/Growth Mindset:, CC t ,	С	-		, t	
• /					
Resilience: , t , , (c c , t	, , у	С -		
• /					
Grit – Work Ethic: t , C			С	C t	
• /					
$\textbf{Sport-Life Balance/Personal Development:} \\ \mathcal{L}$	c c	С		t	
c t -	y t C	CC C -			
• /					
Comments on Performance Character:	➤ , c t ,c	У			

Widi ai Charactei						
Self-Awareness:			С ,	-		
, ,						
Awareness of Others:		С		, У	,	С
, ,						
Accountability: C C	С	c , t		С	-	
• /						
Self-Reliance: C , t	t ,	, , t c	C , -	, -		СС
, ,						
Team Person: ,		,	С	-		
•						
Integrity:	t	-				
• /						
Comments on Moral Character:	• ,	C t .C	У			





If you wish to do so, please add any further comments such as environmental factors here $\ \ - \ - \ C$

C C coached C at (pleas5ndicate): Leach Nam