

Lincoln University

Rowing Scholarship

Physical Attributes and Test Data

▲ t , , C ,

5km Erg Test

▲ C

w , ,

w , , , L

w , , C ▲

2000 m Erg Test

▲ C

w , ,

w , , , L

w , , C ▲

w ▲ ,

w ,

Comments:

Performance Character

Performance Focus: , t C , C , C -

▲ /

Performance Review/Growth Mindset: , C - , t

CC t , -

▲ /

Resilience: , t , , C C C , t , , y C -

▲ /

Grit – Work Ethic: t , C C C t

C - C

▲ /

Sport – Life Balance/Personal Development: C y CC C t C CC C - t

C t -

▲ /

Comments on Performance Character: ▲ , C t , C y

Moral Character

Self-Awareness:

C

C

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Awareness of Others:

C C -

C

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y

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C

Accountability:

C C C

C

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C

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Self-Reliance:

C

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C C

Team Person:

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C

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Integrity:

t-

Comments on Moral Character:

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C

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C

y

Future Prediction

▲ C t , C

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

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coached C

at (please indicate): Leach Nam