

# Ottawa Competitive Senior Slo Pitch League Self Evaluation Form

Name of Player (please print)

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First

Last

Since the League's inception, our competitive philosophy has been to have each team as equal as possible. With this goal in mind, please complete the form below to give the selection committee an honest self assessment of your skill level, to better provide us with a guide in the drafting process.

Please be aware that your self assessment is a guide to our selection only, and that after 3 weeks into the season, we may make changes to better balance the teams.

*Please indicate (circle) the level which you feel best describes you.*

**Hitting**

- 10 I am an above average hitter
- 8 I am an average hitter
- 6 I am a below average hitter
- 4 I don't know

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**Power**

*(Keep in mind that we play in  
small parks with outfield  
fences at 225 to 245 feet)*

- 3 I hit home runs on a regular basis
- 2 I hit home runs on a occasional basis
- 1 I am a line drive hitter (mostly singles & doubles)

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**Directional Hitting**

- 3 I can hit to all fields as the need arises
- 2 I can sometimes hit to other fields
- 1 I am strictly a pull hitter

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**Mobility**

- 3 I am an excellent baseball runner with above average speed
- 2 I am a good baseball runner with average speed
- 1 I can run, but am slow

**Fielding**

- 5 I am an excellent fielder with a strong and accurate

throwing arm

- 4 I am an above average fielder with a good accurate throwing arm
  - 3 I am an average fielder with a pretty accurate throwing arm
  - 2 I am an average fields with an inconsistent throwing arm
  - 1 I am a pretty good fielder, but with a weak arm
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**Versatility**

- 2 I am will to play any position
- 1 I am restricted to certain positions by physical limitations. (ie bad knees, can't run)

*Please note that you must be able to get yourself to first base after a hit, at which time a 'courtesy' runner may be assigned to run for you.*

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**Baseball History**

Please circle which type of ball you have previously played and at which level (4, 3, 2,1).

**Slo-pitch**

**Fastball**

**Lob ball**

- 4 I played in a league within the last year
- 3 I played in a league within the last 3 years
- 2 I played in a league within the last 5 years
- 1 I played in a league within the last 10 years.