



ATHLETE INFORMATION

Date _____

Athlete's Name _____

Parent/Guardian Name _____

Athlete's Date of birth _____

Age _____ Sex _____

Address _____

City _____ State _____ Zip _____

Cell Phone _____ Home Phone _____

Email Address _____

Height _____ Weight _____

Medications (if any) _____

Your assessment of your health _____

Health Risks _____

Injury Status and description _____

Years Competing _____

Current Training Minutes Per Week _____

Other Sports and Cross Training _____

List or describe your goals and competition plans for the next year: _____

What are some problems or challenges you would like to overcome for your training or your competitions _____

What is your goal in having a coach? _____

Describe your most recent training period (last 3-4 weeks). Use the information from your diary, include miles, paces, types of workouts, competitions and effort levels:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Please use this space to address any other subjects you would like to let me know about, or address during your coaching period.

Please be advised that all information collected on this form is confidential and is intended for use as a training aide in assessing your fitness and capacity to handle the stresses of increased training.