

CONTACT INFORMATION

Athlete Name	_____	Home Phone	_____
Guardian Name	_____	Athlete Cell	_____
Address	_____	Athlete Email	_____
City	_____	Guardian Cell	_____
State, Zip	_____	Guardian Email	_____
Age, Birthday	_____	Grade	_____

Best Mode of Contact: Email Phone Txt

ATHLETE CHARACTERISTICS

Height	_____	Injury / Severity	_____
Weight	_____	Injury Date	_____
Build Type	_____	Medical Conditions	_____

ATHLETE SPORTS / ACTIVITIES

Sport(s) Played	_____	Position(s)	_____
Team(s)	_____	Coach's Name	_____
School District	_____	Email / Phone	_____

HOW YOU SEEK INFORMATION

When searching for information about your sport or knowledge for strength, speed, and conditioning, where do you look? Please circle all that apply and elaborate on how you use these sources.

Internet (specific websites?) Newsletters Purchase DVDs Sport Coaches Teammates Other

Please explain:

GOAL SCREENER *(please answer completely / use other side if necessary)*

1. What are some things you do really well or receive complements?
2. Is anything holding you back? What do you need to improve the most?
3. What made you choose FOCUS? Who referred you?
4. What are your top 2 goals for the upcoming season?
5. What will make this experience a success?
6. On a scale of 1-10 (10=completely committed), how committed are you to being the best?