



7. (a) What event/s do you really like/particularly want coaching in?

(b) List your current personal best in each of these events.

(c) Are there any events that you don't like? If so, list them.

8. What do you feel are your main strengths in athletics?

9. What areas do you feel that you need improvement in?

10. Do you currently do any training for athletics? If yes, provide details.

11. Have you ever had a personal athletics coach before? If yes, provide details.

12. What do you like about training?

13. What do you dislike about training?

14. Do you participate in any other sport, recreation or fitness activities? If yes, what are they?

15. Of all the sports, recreation and fitness activities you do, does one take a higher priority than all of the others? If so, which one?

16. (a) How important is athletics in your life right now? (Circle the appropriate number)

Extremely High      10   9   8   7   6   5   4   3   2   1   No importance

(b) How important is it for you to excel in athletics?

Extremely Important   10   9   8   7   6   5   4   3   2   1   No importance

(c) How would you rate your desire and determination to succeed in athletics?

Extremely High   10   9   8   7   6   5   4   3   2   1   Not existent

17. Finally, what would be a successful season of athletics for you?