



Name _____

Age _____

Pre- season Questionnaire

1. Why did you come out for the team this year?
2. What do you expect to get out of being involved with the team?
3. What do you expect to have to put into it?
4. What do you like best about this sport?
5. What do you like least about it?
6. Do you have any specific things (e.g. goals, objectives) that you would like to accomplish this year? If yes, what are they?
7. Do you have any long-term goals you are aiming for beyond this year? If yes, what are they?
8. Is there anything in particular that you find really excites you about participating (i.e., motivates you?) If yes, what?

9. Is there anything in particular that you find really gets you down or makes you feel like quitting?
10. Is there anything that coaches, other athletes, other people do that really bugs you?
11. When you played last year, was there anything you would like to have changed? If yes, what.
12. When you do something really well, how do you like others to respond?
13. When you do something poorly, how do you like others to respond?
14. How important is this sport in your life?
- not very 1 2 3 4 5 6 7 8 9 10 - extremely
important important

If you have any suggestion during the course of the season or if something is getting to you, be sure to come and talk to us. We're all on the same team!

Your Personal Goals

Please state your personal goals (i.e. get invited to the Provincial Satellite Centre for training, improve my shooting, work on my defending, be more focused, aggressive, get a University Scholarship, etc...).

1. _____

2. _____

3.
