

# PASSTRAK PRE-SEASON QUESTIONNAIRE

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please fill out and return to your coaches ASAP. Thanks!!

1. Why did you join PASSTRAK this year?

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2. What do you expect to gain from participating in track and field?

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3. How much commitment will you be putting into your chosen sport?

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4. What do you expect from the Club this year?

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5. What do you like the most about Track and Field?

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6. What do you like the least about Track and field?

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7. What type of workouts do you like the most?

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8. What type of workouts do you like the least?

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9. What are your goals for this coming year?

Cross Country season

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Indoor Season

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Outdoor Season

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10. What really excites you about participating in track and field (e.g.: what motivates you?)

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11. Is there anything that gets you down or makes you feel like quitting?

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12. Is there anything that other coaches or athletes do that really irritates you?

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13. When you competed last year, was there anything you would like to have changed? Explain.

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14. How do you like people to respond when you compete well?

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15. How do you like people to respond when you compete poorly?

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16. Which of the following do you feel is most important in your development as an athlete?

List in order of Importance:

- \_\_\_\_\_ Developing technique
- \_\_\_\_\_ Physical development
- \_\_\_\_\_ Competition development
- \_\_\_\_\_ Mental development
- \_\_\_\_\_ Other \_\_\_\_\_

17. How important is track and field in you life right now?

Not very important 1 2 3 4 5 6 7 8 9 10 extremely important

Comments:

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