

 **Calgary Olympic Track Club** 

**PRE-SEASON QUESTIONNAIRE**

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

1. Why did you join COTC this year? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

3. What do you like the most about Track and Field? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What do you like the least about Track and field? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What are your goals for the coming indoor season? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. What really excites or motivates you about participating in track and field?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Is there anything that gets you down or makes you feel like quitting? If yes, explain.

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8. Do you feel supported by the coaches? If not, what would make you feel supported?

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

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

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

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12. Which of the following do you feel is most important in your development as an athlete? Number in order of Importance ("1" is most important):

\_\_\_\_ Technique (Form)    \_\_\_\_ Physical Development    \_\_\_\_ Mental Development  
\_\_\_\_ Race Strategy    \_\_\_\_ Competition Development    \_\_\_\_ Other

13. 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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