

2018 TMHS Track & Field Team Questionnaire

Full Name(including middle): _____
Cell Phone # _____ **Other Phone #** _____
Grade you are in: _____ **Email** _____
Your locker number? _____ (if you have one)

- Check One: I'm committed to the team this year. I will participate with 100% effort (including fund raising, journal writing, communicating with coaches and consistently attending practice on time).
- I'm not sure if I'm going to be able to give 100%, but I think I will try to participate as much as possible. I'm not hoping to letter.
- I am out for social reasons, or just to get in better shape. Due to personal circumstances, I can't give 100%, but would like to practice with the team as much as possible.

Which events would you like to learn about and/or compete in this year? **Circle** your PRIMARY event area of interest and underline any others you might be interested in:

Long or Triple Jump High Jump Hurdles Throws Distance Sprints

Have you had any problems with your legs or feet in the past (i.e. shin splints), or are there other medically related issues (such as asthma) that we should know about? _____

Do you have any pet allergies (ie. cats and/or dogs)? _____

What kind of shape are you in right now? Use the following 10 point scale:

1 = I have not worked out at all this winter

5 = I have worked out 2 to 3 times a week (could be skiing, or any other aerobic activity)

10 = I'm in good shape, ready to train hard. I have worked out 4 – 6 times/week this winter

Your Number = _____ **Today's Date** _____

Why do you want to be on the Track & Field Team this year? _____

What characteristics do you look for in a coach? _____

A few personal questions:

What do you want to do when you graduate? _____

Write one Track & Field Long Term Goal for this year: _____

Write one Track & Field Process Goal (how are you going to get to the long term goal) for this year: _____

Rank in order of importance: Family, Track & Field, School: _____

Tell us something unique about yourself (that we don't already know, and you don't mind sharing with the team): _____

My signature below (READ THESE) signifies that I WILL....

- 1) be to practice on time
- 2) attend every practice and fund raising event possible
- 3) inform event coach *in advance* if unable to attend practice or an event
- 4) communicate with my coaches
- 5) share a healthy snack with coach May at least once while on a travel trip
- 6) have a positive attitude
- 7) be committed to family, academics and team (preferably in that order)
- 8) be willing to make sacrifices for the team (includes workouts, meets and fundraising)
- 9) follow TMHS and ASAA rules and regulations
- 10) write on the line below name and date: *“Be Smart, Train Hard and Have Fun”*
- 11) house at least two athletes during our home meets, or find a place for them to stay
- 12) check out team web site regularly for updates and items of interest
- 13) have a sense of humor (most of the time)
- 14) promise to bring home and show my parent(s) all paper work my coaches give me
- 15) pay to replace any lost or damaged uniforms
- 16) understand and practice the “Piggy Bank Analogy”

Name

Date

WELCOME TO YOUR TEAM!

Please print this out, and hand it to Coach May when completed.