Athlete Feedback Questionnaire

|  |
| --- |
| What main parts (list three) of your individual performance this season are you happy with? |
| 123 |  |
| Please give your reasons below:  |
|  |

|  |
| --- |
| List your three main strengths: |
| 123 |  |

|  |
| --- |
| List three areas that you feel you need to improve: |
| 123 |  |

|  |
| --- |
| List three parts of the coaching that has been delivered that you are happy with and explain why: |
| 123 |  |

|  |
| --- |
| How do you feel you have progressed individually? Please give examples: |
|  |

|  |
| --- |
| What parts of the structure of training are you happy with? |
|  |

|  |
| --- |
| What parts of the training and competing principles that have been put in place are you happy with? |
|  |

|  |
| --- |
| What parts of the goal-setting programme that has been put in place are you happy with? |
|  |

|  |
| --- |
| Do you feel under pressure to perform at any time?If so, when do you feel this pressure and how do you deal with it/what do you need from the coaching to help you deal with it?  |
|  |

|  |
| --- |
| Are the coach’s comments constructive or negative during: |
| * Training
 |
|  |
| * competition?
 |
|  |
| Please give your reasons why: |
|  |

|  |
| --- |
| What are your motivations for taking part in triathlon? Are they: |
| 1. for social interaction with friends
2. to win
3. to be successful
4. to achieve
5. to further your triathlon development
6. other reasons (please state these below)?
 |

|  |
| --- |
| What is your long-term goal for this season? |
|  |

|  |
| --- |
| How do you feel you have progressed in the following areas: |
| Physically |  |
| Technically/ tactically |  |
| Psychologically |  |

|  |
| --- |
| If you have any further comments that have not been addressed, please feel free to express them here: |

|  |  |  |  |
| --- | --- | --- | --- |
| Signed: |  | Date: |  |

Thank you for completing this questionnaire.