Athlete Feedback Questionnaire

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| What main parts (list three) of your individual performance this season are you happy with? | |
| 1  2  3 |  |
| Please give your reasons below: | |
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| List your three main strengths: | |
| 1  2  3 |  |

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| List three areas that you feel you need to improve: | |
| 1  2  3 |  |

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| --- | --- |
| List three parts of the coaching that has been delivered that you are happy with and explain why: | |
| 1  2  3 |  |

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| How do you feel you have progressed individually? Please give examples: |
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| What parts of the structure of training are you happy with? |
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| What parts of the training and competing principles that have been put in place are you happy with? |
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| What parts of the goal-setting programme that has been put in place are you happy with? |
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| 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? |
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| Are the coach’s comments constructive or negative during: |
| * Training |
|  |
| * competition? |
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| Please give your reasons why: |
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| 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)? |

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| What is your long-term goal for this season? |
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| How do you feel you have progressed in the following areas: | |
| Physically |  |
| Technically/ tactically |  |
| Psychologically |  |

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

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| Signed: |  | Date: |  |

Thank you for completing this questionnaire.