



Joining Questionnaire

- **Personal information**

Name:	
Address:	
Contact phone: Home	Mobile:
Date of birth:	Email:
Emergency Contact:	Phone numbers:

- **Sporting Information**

Please list your triathlon/sports background for the past two (2) years. Include distance, splits & finish time.
Event:
Event:
Event:
Competitive experience ie Club, Worlds:

- **Goals**

Please list your goals for the next 12 months/triathlon season, be specific.
Event/ date/ qualification times/ slots available/ goal time:
Event/date/ qualification times/ slots available/ goal time:
Event:
Event

- **Strengths & Weaknesses**

Please list your strengths & weaknesses & anything you would like to improve.

- **Athletes commitments**

Please list availability of times to train. Consider work, commuting, family, hobbies, holidays
Weekdays
Weekends
Other:

- **Previous Injuries or illness**

Please list previous injuries or illness requiring treatment
Current problems ie asthma, diabetes, family medical history
Are you currently on medication? Is it a banned substance?
Please list access to medical support ie GP, physiotherapist

- **Training facilities**

Please list any training facilities you may have access to ie gym/weight training, massage

- **Summary of last season**

What can be learnt from last season? Both good & bad
How serious are you about your training/triathlon?
Key questions?

What do expect from a coach?

Once completed please send to coachalli@multisportgold.com.au or print off and hand the completed form in to Coach Alli at one of the MS Gold training sessions.