THOROLD ELITE TRACK CLUB

Personal Information   **AO #:** _____

Full name: _____ Birthdate: _____/ _____/ _____
                                                                    MM/   DD/   YYYY

Address: _____ City: _____ Postal Code: _____

Cell #: _____ Email Address: _____

Health Card #: _____ Doctor's Name: _____

Allergies, Medical Information, or Health Concerns:

Parent Contact Information:

Parent #1: _____   Parent #2: _____

Cell #: _____   Cell #: _____

Email: _____   Email: _____

Additional Emergency Contact(s):
(Please list full name, relationship, and contact number)

_____   _____   _____

_____   _____   _____

Other Activities:

1. Do you currently work a part-time job?   YES   NO

   If yes, please also list the days and times you usually work in a typical week.

Job:						
SUN.	**MON.**	**TUES.**	**WED.**	**THURS.**	**FRI.**	**SAT.**

2. What other sports, clubs, activities (either in school or outside of school) are you involved in? Please also list the days and times that these activities usually take up in a typical week.

Activity	What months of year?	Typical Day(s)	Typical Time(s)

Goals:

Setting goals is an important part of the training and competition process. It helps you to know where you are going and how you plan to get there. It helps keep you on track and motivated – there is an end in mind and everything you are doing is a step towards reaching that end!

Goals should be **SMART**: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely.

Competition helps you to measure your progress. At a certain point you may need to review your goals and discuss your current plans of action with a coach to ensure that you are still on track to reaching your goals.

Event-specific Goals:
(Examples: I want to reach 5.25 m in long jump; I want to make it to OFSAA for discus)

1.

2.

3.

Athlete-specific Goals:
(Examples: I want to attend all practices; I want to complete all of my independent workouts; I want to commit to working out in the weight room twice a week)

1.

2.

3.

If you don't have any goals you don't have any direction.

How do you plan to **do your best to achieve** these goals?

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_____   _____   _____
Athlete's Signature   **Club Administrator's Signature**   **Date**

THANK YOU FOR COMPLETING THIS PROFILE! ☺