

Training Assessment

Please read this carefully. It is important that you respond to each question truthfully. Failure to do so will invalidate your response and thereby render useless any course of action that may be taken. Read each statement carefully before ticking the appropriate box that best describe your feelings or reactions.

Athletes name

Date:

These questions are about you and your training	Always	Sometimes	Never
I record the details of all my training sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy the training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can train as hard when my coach is not present as when he is present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep to the training programme that is set, even when my coach is not present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I train hard during training sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to strike a balance between my studies, training and social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I will miss training if I do not feel like it or if something more interesting comes up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like to talk to others about my sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I train hardest when I am in the company of other athletes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I read books and magazines about my sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel my training sessions could be improved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These questions are about you and your Coach	Always	Sometimes	Never
My coach understands my athletic objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach discusses my training with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach encourages me during training sessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach gives me advice during training sessions on how to improve my technique	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach provides positive feedback on my performance during training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach explains the objectives of each training session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach provides clear, concise and appropriate instructions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach checks on the training I do on my own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach sets me training which is too demanding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach provides adequate information to allow me to train when he is away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach gives other athletes in our squad more attention than me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My coach provides appropriate support at competitions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please add any other comments you may have to the reverse of this form.

Thank you for spending the time to complete this assessment form.