**Sports Performance.**

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| **What is your main sport?** |  |
| **If applicable, which position do you play?** |  |
| **What is your role within the game?** |  |
| **At what level do you currently play?** (e.g: school team, district, county etc.) |  |
| **In a typical week, what is your training schedule?** (This doesn’t just have to be your sport, it can be any training or physical activity for any sports you play.) |  |
| **Strengths** (these should be components of health and skill related fitness, as well as specific skills within the game. You should also explain why they are strengths/how they impact your performance) |  |
| **Weaknesses** (these should be components of health and skill related fitness, as well as specific skills within the game. You should also explain why they are weaknesses/how they impact your performance) |  |