

Team Bath Futures Athlete Development Programme Application Form and Enrolment Form

Name: _____

Primary Sport: _____ Discipline (or playing position): _____

Name of Club: _____ Name of Coach: _____

Coaches Email _____

Athletes Sports Information:

Current Training / Activity levels

Question 1: Have you had and kind of Strength and Conditioning support before?
YES/NO

If so, what type and for how long?

Type (eg weight training): _____

How long: _____

Participation history

Question 2: Primary Sport – participation & training history

	Age
Age you first participated in your primary sport	
Age you began competing	
Age you began to train seriously for your primary sport	

Question 3: Competitive involvement – primary sport

	Age	What was that success?	Year achieved
Age you first achieved regional success			
Age you first achieved national success (if applicable)			

Question 3A: What are your most notable athletic achievements in the last 3 years in your primary sport?

Example

Achievement	Level (eg. Regional, national, international)	Year	Your age at the time
bronze Medal - SW regional championships	Regional	2005	14
selection to England team for UK school games	National	2007	16
Selection to GB junior programme / team	National	2007	16
Top 10 finish European junior championships	International	2008	17

Primary Sport

Achievement	Level (eg. Regional, national, international)	Year	Your age at the time

Question 4: Are there any notable achievements in any of the other sports you've played?

Achievement	Level (eg. Regional, national, international)	Year	Your age at the time

Question 5: What are your ambitions within sport?

Question 6: What performance level are you aiming to achieve in your primary sport?

Question 7: What are the main reasons you applied to become a Team Bath Futures Athlete and what would you like to achieve from the programme?