



LOSC Masters – Questionnaire

Welcome to the 2022-2023 LOSC Masters Season! We are looking forward to working with you and helping you achieve your swimming goals for this year. To coach you as effectively as we would like to, we will require some important information. Please take the time to fill out this questionnaire so that we have the information we need in order to do our job well.

1. What are your swimming goals for this season?

2. What is your past swimming experience?

3. Can you do all four strokes?

4. Do you plan on competing?

5. Are you a triathlete? If so, is there a specific Triathlon you are training for?

6. What specifically is it you would like from me as your coach?

7. Is there anything specifically that you would/do not like?

8. How much technical feedback are you looking for – circle the choice that best applies to you:

- I would like a lot of feedback and am looking to improve my technique a lot.
- I would like a few pointers
- None, I am happy with my technique and am here for the workout.

Name _____ Date _____