



## **TEAM FLORIDA JACKSONVILLE LONGLEAF QUESTIONNAIRE**



1. What is your purpose for joining the club?
2. Rate 1 -10 [explain] / How bad do you want to work to earn a National medal in usaw?
3. Rate 1 – 10 [explain] / How committed are you to the training process?
4. Are you more driven by maxing out big lifts weekly or mastering technique to hit a big PR at a big national meet?
5. Which lift do you need to work on the most?
6. Which lift would you consider your best lift / exercise?
7. List [2] goals you want to accomplish before Oct. 2018?
8. How committed are your parents to supporting you to make every training session?
9. List any other points of interest or concerns you may have. Use back if necessary.