



1. What is your favorite event? And/or what is your best event? Why?

2. What new skills did you learn in the off-season? What changes have you made since last season?

3. List your goals for this season on EACH event and also team goals (or list things your coach can help you with during season). Please be specific.

Vault:

Bars:

Beam:

Floor:

Other Individual Goals:

Team:

4. Why are you joining the high school team this season?

5. Favorite Gymnastics Skill _____

6. Favorite Color _____

7. Favorite Candy _____

8. Anything else your coaches should know about you? Previous/restricting injuries, limitations, etc.

9. What practice styles, traditions or other things did you like or dislike from previous seasons? What things do you want to see continue (or not)? New ideas? If you want to submit this information anonymously, feel free to write on a blank sheet of paper and turn in at practice on Tuesday 11/08.