

Return to Training Form

Such a long period of no training has given everyone the chance to think about and reflect upon their goals and ambitions. Could I please ask all parents to go through the following questions with their daughter/son and ensure this form is sent back as quickly possible. It will be used for coaches to plan effective and positive sessions and this is only possible with an insight of gymnast's personal targets.

1. How many hours did your daughter/son train per week before lockdown?

Name: _____

No. of hours: _____

2. Would she/he like to train... (please circle)

Less

the same amount

more

3. What is your daughter/son's long term goal?

4. What is your daughter/son's short term goal?

5. Current enjoyment levels (1 = not enjoying training at all, 5 = really enjoying training)

1 2 3 4 5

6. Current motivation levels (1 = not motivated all, 5 = very motivated)

1 2 3 4 5

7. Why does your daughter/son come to gymnastics? (please circle all appropriate)

For enjoyment

To see friends

To achieve excellence

To achieve her goals

To fulfil her/his potential

To be part of a club and community

To keep fit
It is part of her routine
To challenge her/himself
Because she/he is good at it
Because she/he is proud to be a gymnast
Other (please specify)

8. Does your daughter/son receive positive coaching? If not, please expand.

9. Please write below if there are any changes you would make to improve your daughter/son's experience at Park Wrekin.

Please get in touch with your Head of Department if you have any concerns about your gymnast's training.

Please return your questionnaire to:-

Development: Jemmaparry@parkwrekin-gymclub.com

Elite: brettince@parkwrekin-gymclub.com

Many Thanks

Park Wrekin