



Athlete Information Package

Date: _____

All information received on this form will be treated as strictly confidential. Please fill out the forms as accurately as possible. This information is essential to develop a safe and effective program that addresses your needs, goals and interests.

Name: _____ Date of Birth _____ / _____ / _____ Age: _____
M D Y

Address: _____
Street Apt City Postal Code

Phone: _____ (H) _____ (C) Email: _____

Waking Pulse, if Known: _____ Weight: _____ Height: _____

Best time to reach you: _____

Which sport(s) are you seeking coaching for? _____

Which coaching package are you interested in? _____

Your Health History:

1) Have you or anyone in your family had coronary artery disease? If yes, explain:

2) Do you ever have chest, shoulder, neck, or arm pains after exercise? If yes, explain:

3) Have you ever fainted, felt dizzy, or unusually winded after exercise? If yes, explain:

4) Has a doctor said that your blood pressure is too high or uncontrolled? If yes, explain:

5) Has a doctor ever said you have heart trouble, a heart murmur, or that you have had a heart attack? If yes, explain:

6) Are you diabetic, have a thyroid condition, or any chronic condition? If yes, explain:

7) Are you using any medications? If yes, explain:

8) Is your cholesterol level high? What's your cholesterol count?

9) Do you have any condition that a doctor says may limit your exercise? If yes, explain:

10) Have you ever smoked? When did you quit?

11) Have you ever had a joint or back disorder or any current injury? If yes, explain:

12) Have you had surgery in the last 12 months? If yes, explain:

13) Are you now, or have you been pregnant in the last three months?

Your Athletic History:

1) List your favorite sports and years of participation.

2) Do you currently have a strength training routine? If yes, describe (machines or free weights, days per week, sets, reps, resistance, etc.).

3) Please rate your familiarity with strength training routines:

4) Have you ever had an exercise related injury which caused you to stop exercising for a week or more? If yes, explain.

6) For multisport and running, list your best race times, with splits if possible. Cyclists list race category and years at that category.

Your Current Athletic Information:

1) Have you planned what races you will compete in next season? If so, please list with dates and priority (A, B, or C with A being the most important).

2) What are your three most important goals? Rank them 1-2-3. The goals should be related to your "A" races, be measurable and objective.

- a) _____
- b) _____
- c) _____

3) At the completion of our first season together, how will we know if we were successful? What is the single most important thing we must accomplish?

4a) What is your training week like now?

Day	Type of workout	How long	How hard
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

4b) Is the above high, normal or low for you? _____

Please provide an example of a typical HIGH VOLUME week from your training log.

5) What is your longest workout in the last 3 weeks? Describe.

6) How many weekly hours do you have available to train? Be realistic. _____

7) What time of day do you expect to do most of your training during the work week?

8) Multisport and/or cycling: Do you have a bike trainer? _____

9) Multisport and/or cycling: Do you have a cycle computer with cadence function? _____

10) Multisport and/or cycling: Do you have a Computrainer? _____

11) Multisport and/or cycling: Do you have a power meter device? If yes, list brand and model?

12) Multisport and/or cycling: Brand & model of bike? _____

13) Multisport and/or running: Do you have access to a track? _____

- 14) Do you a Garmin or other device that shows pace? If yes, list brand and model.

- 15) Do you have a heart rate monitor? _____ Brand: _____
- 16) Can you attend Tuesday Night Track (at McCullough Jr. HS) on a regular basis? _____
- 17) Do you ever train with a group? What sports?

- 18) Do you have access to a pool? What size? _____
- 19) Do you have access to a masters swimming program? _____
- 20) Can you attend Monday and Wednesday FSC coached swim workouts on a regular basis?

- 21) Which day is best for you to take off from training? _____
- 22) How many miles and/or hours did you train in the past 12 months for each sport?
- a. Swim _____
 - b. Bike _____
 - c. Run _____
- 23) What were the most important races you did in the last 12 months?

- 24) How familiar are you with training with a heart rate monitor?

- 25) What is the highest heart rate you have observed during exercise and in what sport?

- 26) Do you know your lactate threshold heart rate for any sport? Please list.
- a. Swim _____
 - b. Bike _____
 - c. Run _____
- 27) Do you know your VO2max for running? Please list. _____
- 28) Do you know your functional threshold power (FTP) for cycling? Please list. _____

Limiters:

In order to focus your training most efficiently, we need to determine your limiters: those aspects of fitness that are limiting your current performances. Please take a few moments to assess your abilities on a score of 1-5.

1 = among the worst in my race category

3 = about the same as others in my race category

5 = among the best in my race category

See descriptions of each ability below.

Abilities/Techniques	Swim	Bike	Run
Endurance			
Force			
Speed Skills			
Muscular Endurance			
Anaerobic Endurance			
Power			

Definitions:

Endurance is the ability to delay the onset and reduce the effects of fatigue, implies an aerobic level of conditioning.

Force is the ability to overcome resistance: how well you do in rough water, hills, or in the wind.

Speed Skills is the ability to move effectively while swimming, biking, or running. A measure of economy and technique.

Muscular Endurance is the ability of the muscles to maintain a relatively high force load for a prolonged time. A combination of force and endurance.

Anaerobic Endurance is the ability to resist fatigue at very high efforts when arm or leg turnover is rapid.

Power is the ability to apply maximum force quickly.

Miscellaneous Factors	Poor	Good	Excellent
Time to train			
Injuries			
Health			
Body strength			
Flexibility			
Mental skills			
Body composition			
Nutrition			

Comments or Questions:

Please consult your physician before starting this or any exercise or training program.

WAIVER

I acknowledge that training for and/or participating in a triathlon, duathlon, cycling, swimming, running or any other endurance sporting event is an extreme test of my physical and mental limits and that such training and/or participation poses potential risks of serious bodily injury, death, or property damage. I have provided Dana Lyons with all information which in any way relates to or that could affect my physical health and attest that I am in good health and my physical condition has been verified by a licensed medical doctor.

Furthermore, in return for my participation in this program, I on behalf of myself and my heirs or executors I hereby:

a) **WAIVE, RELEASE, and DISCHARGE** Dana Lyons, his officers, directors, administrators, employees, consultants, coaches and agents from any claims, costs or liabilities for personal injury, illness, death or damages of any kind which I may have now, or at any time in the future, resulting from participation in this or any other program;

b) **AGREE NOT TO SUE** any of the persons or entities mentioned above for any claims, costs or liabilities that I have waived, released or discharged herein;

c) **INDEMNIFY, DEFEND, and HOLD HARMLESS**, the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

d) **CONFIDENTIAL and PROPRIETARY INFORMATION** Dana Lyons shall provide substantial confidential information and trade secrets, or access thereto, relating to the Finish Strong Coaching's business. Such information shall include, but shall not be limited to, effective techniques proven to be successful in the markets in which Finish Strong operates; training in the functionality and operation of Finish Strong Coaching proprietary system and workout regimes and the manner in which such may increase clients effectiveness and efficiency in performing and results; and other confidential and proprietary information of the Finish Strong Coaching. The client understands and agrees that this Confidential Information constitutes distinct consideration for the obligations in this Agreement, and that the non-compete provisions of this Agreement are intended to protect the Confidential Information provided to the client. Client agrees and understands that all Confidential Information is at all times and shall remain the confidential and proprietary property of Company. Client agrees not to reveal, disclose or communicate, directly or indirectly, any of the Confidential Information to anyone outside of Finish Strong Coaching. Client further agrees during the term of this Agreement and for a period of two (2) years thereafter, not to use, directly or indirectly, any of the Company's Information except in the course of his engagement with Finish Strong Coaching. The client acknowledges that Finish Strong Coaching diligently protects the Confidential Information against exposure to third parties and that Confidential Information is accessible only by limited individuals. Confidential Information shall not include information known to the client prior to this Agreement or information which becomes known to the public other than through disclosure by Finish Strong Coaching.

Additional Restrictive Covenants (a) While client is be coached by Finish Strong Coaching and for a period of two (2) years following the later of (i) the last day of the Term or any Renewal Term, if applicable, or (ii) the termination of this Agreement, client shall not:

- (i) provide or perform, within Montgomery County, Texas, the same or similar services performed by Finish Strong Coaching on his own behalf or on behalf of any other person or entity;
- (ii) call upon or solicit any customer whose account is or has been serviced in whole or in part by Finish Strong Coaching with the purpose of attempting to sell to any such customer any services included within those services provided by Finish Strong Coaching.

Print Name: _____

Signature: _____

Date: _____

USAT Membership # _____