

SVC 18F ATHLETE PROFILE

Name: _____

Last club team: _____

Last school team: _____

Position(s) you played last season: _____

A. List your biggest individual volleyball goal for this season? Collective goal?

B. How did you prepare over the summer for the 2024-2025 season? Will you be continuing any of this physical or psychological preparation throughout the season?

C. What would you say are your strongest skills or attributes on the court?

D. What would you say are the skills or attributes that you most need to improve?

E. Please describe what leadership is to you? Do you believe you are a good leader?

F. Club volleyball is an activity requiring a high level of commitment, including three practices per week, off-court training, weekend tournaments and some out-of-province travel. What are your other commitments (work, committees, dryland training, other sports, etc.) and list days/times affected?

Note: practices currently scheduled on Tuesdays, Wednesdays, and Sundays and the season will run from September-April.

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G. Are you trying out for any other teams/clubs this season? If so, which ones?

H. Sell yourself—as a coach, why would I want you on my team this season?

I. Any other questions or comments?
