Please fill out the questions below as accurately as you can. This information will be used to help put together course content. This information will **NOT** be shared and will be treated in strict confidence.



**Swimming Technique Coaching Information form**

2021

Presented by: Tracy Cook

Tracy Cook Sports Therapy and Coaching

Wimborne, Dorset

# **First Name: Surname:**

# **Gender: Male/female Age: DOB:**

# **Address:**

**CONTACT NUMBER:**

**EMAIL ADDRESS:**

**EMERGENCY CONTACT NO:**

## What are your swimming goals for this SEASON?

## How many MINUTES/hours on average do you swim each week?

## If you know, what is your most recent CCS (critical swim speed)?

## Please add your most recent times for the following distances, if you know them:

## 100m:

## 400m:

## 750m:

## 1500m:

## 1900m:

## 3800m:

## HAVE YOU BEEN ILL OR INJURED IN THE LAST 12 MONTHS? bRIEF EXPLANATION

## Are you interested in any of the following: *tick along side PREFERENCES*

## one-to-one swim coaching / run coaching

## Video Analysis – swimming / running

## Sports Massage

## Would you be interested in future swim improvement courses? *Circle*

**YES/NO**

## Would you be interested in attending future workshops? *tick along side PREFERENCES*

## training management & athlete care

## diet/nutrition

## fueling for racing & training

## Please add any further information here that you feel is important

**COURSE INFORMATION**

**Cost:** £100 – this can be paid in cash at first session or bank transfer to

sort code: 11-06-09, account number: 00046720

**Venue:** St Michaels Middle School, Colehill Lane, Wimborne, BH21 7AB

**Course Start Date:** Monday 28trh June 2021

**Duration:** 7 weeks, last session Monday 9th August 2021

**Arrival:** 6:45pm

**Start:** 7pm

**Session Duration:** 60 mins

**Equipment:** Fins (short), pull buoy, swim hat, googles

**Parking:** parking bays along road or in school carpark

SIGN: DATE:

Any further queries please contact Tracy @ [tracycooksportstherapy@gmail.com](mailto:tracycooksportstherapy@gmail.com)

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