

**The Forest City Diving Club**  
Masters Programme: Diver Profile & Questionnaire

Name: \_\_\_\_\_

Date of Birth (To determine your age category): \_\_\_\_\_

Years Diving: \_\_\_\_\_ Year When You Started Diving: \_\_\_\_\_ Most recent year diving: \_\_\_\_\_

Where did you Learn/Train? \_\_\_\_\_

My best dive lists in the past have been:

1M \_\_\_\_\_

3M \_\_\_\_\_

Tower \_\_\_\_\_

I have competed at the following levels of competition: (circle all that apply)

Masters      Sr. Nationals    Jr. Nationals    Provincials    Invitational    Municipal

My strengths that give me an advantage in diving are...

My weaknesses in diving that I can work on improving are...

My key objectives in diving for this year are:

Training Goals...

Diving List Goals...

Competition Goals...

The three major *Diving Goals* I want to accomplish in my life are:

- 1.
- 2.
- 3.