

THE FOREST CITY DIVING CLUB
DIVER PROFILE & QUESTIONNAIRE

Name:					
Date of Birth:				Age:	
Years Diving:		Age Group Last Year?		Age Group This Year?	

My dive list last year was...

1M	DD	3M	DD	Tower	DD

The scores I achieved last year were...

COMPETITION	1M	3M	TOWER
Junior Nationals (Montreal)			
Quebec Provincials (Camo)			
Tier I Provincials (London)			
John Dickinson (Etobicoke)			
Saskatchewan Provincials (Saskatoon)			
Forest City Invitational (London)			
All-Star Challenge (Orlando)			
CAMO International (Montreal)			
NODC Invitational (Ottawa)			
Snowball Classic (Scarborough)			
Spring Break Invitational (Burlington)			
Tier II Provincials (Burlington)			

DIVING GOALS

This year I want to compete in the following events:						
1M	3M	Tower	1M Open	3M Open	Tower Open	Synchro

My strengths that give me an advantage in diving are...
My weaknesses in diving that I can work on improving are...
<p>Do you have a pre-dive routine?</p> <p>If so, what is it?</p>
<p>Do you have a pre-competition routine?</p> <p>If so, what is it?</p>

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.

The one major goal *Outside of Diving* that I want to accomplish this year is...

Three major *Goals Outside of Diving* that I want to accomplish in my life are:

- 1.
- 2.
- 3.

THE FOREST CITY DIVING CLUB
SELF-EVALUATION

DIVING

My Best Memory from Diving is...

The Most Fun I ever had at a Diving Competition was when...

The Best Feeling I ever had at a Diving Competition was when...

And why?

The Best Feeling I ever had during training was when...

And why?

What I like the most about Diving is...

If I could change one thing at Diving it would be...

MOST SUCCESSFUL COMPETITION

My most successful competition was...

Why? (e.g. most improvement, best score, best result, etc.?)

Before travelling to your most successful competition...

How did you feel?

What did you do?

What was your energy level?

In the practice before your most successful competition...

How did you feel?

What did you do?

What was your energy level?

During your most successful competition...

How did you feel?

What did you do?

What was your energy level?

Why do you think you were so successful at your most successful competition?

SCHOOL

My 3 favorite subjects at school are...

What I like best about school is...

My goal this year at school is...

My goal when I finish school is...

Something that I really like doing that I should do more often is...

Something that I do that wastes my time that I should do less of is...