**Individual Athlete Profiles**

**PERSONAL DETAILS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** |  | | | **Gender** |  | **Standing and Sitting Height**  **(if under 20)** |  |
| **Employment Status**  (at School OR at University OR Working OR Other – please specify) |  | | | **Hours per week doing this**  (i.e. school hours) |  | **Are they taking exams in the current year?** |  |
| **Training days per week** (total, not just in Athletics) |  | | | **Training hours per week**  (total, not just in Athletics) |  | **Training Age**  (no. of years in Athletics training) |  |
| **Chronological Age**  (Actual age) |  | **Biological Age**  (Physiological development) |  | **Developmental Age**  (Maturity and Physical Development) |  | **Stage of Development**  (Pre-Puberty, Puberty,  Post-Puberty or Adulthood) |  |

**Training background**

Type of training and length of time, including other Physical activity currently being undertaken and when

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Other Physical Activities** | **Where**  (School teams, external sports clubs, etc.) | | **When - Days** | **DURATION**  **Training/practice time** |
| *E.g.*  *Tennis (lesson)*  *Football (training)*  *Football (matches)* | | *E.g.*  *School (PE Lesson, ,Summer Term)*  *Local Sports Club (Name)*  *Local Sports Club (Name)* | *E.g.*  *Mondays and Tuesdays*  *Wednesdays*  *Saturdays* | E.g  *60 minutes each*  *60 minutes*  *90 minutes* |