**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* |