

Client Name :
Date :

Parents/Guardians - Thanks for putting your trust in me!

I take my role as a strength coach in your athlete's life very seriously. In order to get the most out of our training, please answer the following question as best you can.

Please be sure that both you and your athlete agree on the answer below to avoid conflict.

1. What are your goals for your athlete in terms of our training?

Please print this out and return to me on day 1 (or before) of training.

Thanks,
Scott
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512.913.6344