Start Up Work Sheet

This is a document of some of the things that we will cover now (in our first session) and things that we will continue to reference throughout our time. Feel free to ask any questions and begin forming answers, remember that there is no pressure to have anything set in stone.

*“You can build any future you want if you let yourself grow, have faith in your dreams or visions, and become open to new ideas” – John F. Wasik*

**About You**

When did you start shooting and how did you get into it?

What are some hobbies you have outside shooting?

What year are you in school and are you looking to go to university? If so, what do you want to study?

**About Shooting**

What are your short-term goals?

Now to next year [for goals please include both process and product goals]

What are your medium-term goals?

The next 2-4 years

What are your long-term goals?

As far ahead as you want

What are some things you want to work on?

What are some things you feel you are good at?

What are your mental and physical trainings like?

What is your practice schedule like? What do you do in practices?

**About How To Best Help You**

What motives you to do better?

How do you handle “failure” or set-backs?

What are you looking for in a coach/mentor?

**Base Line**

Can you list your personal bests as well as the current equipment you use (gun/suit model is all) so I can be prepared to help you and track progress?

Now you can add anything additional that you would like me to know, or you can ask some questions that I can answer in our first meeting so you can get to know me too.

This may seem like a lot of information, but I want to help you get the most out of your sessions and the sport so thank you for taking the time to do it! I look forward to working with you.