

2017 PADDLER PROFILE

Name: _____

Years Paddling? _____

What are your paddling goals
(choose 1 or 2 items)

1st team	<input type="checkbox"/>	OTHER: _____
2nd team	<input type="checkbox"/>	
3rd team	<input type="checkbox"/>	
mst./sr. mstr	<input type="checkbox"/>	
coed	<input type="checkbox"/>	
Not Ready Yet	<input type="checkbox"/>	

What are your post season race goals?

<input type="checkbox"/>	Catalina
<input type="checkbox"/>	Dad's Center
<input type="checkbox"/>	Kona
<input type="checkbox"/>	Molokai
<input type="checkbox"/>	Other

Rate yourself 1-5 (5 being the highest)

Endurance/Mileage	1 2 3 4 5
Strength	1 2 3 4 5
Attendance	1 2 3 4 5
Team player	1 2 3 4 5
Coachability	1 2 3 4 5
Cross-training	1 2 3 4 5
Swimming skills	1 2 3 4 5
Time Trial	1 2 3 4 5
Water Changes	1 2 3 4 5
Paddling Technique	1 2 3 4 5
Race Experience	1 2 3 4 5
Steering	1 2 3 4 5
Blending	1 2 3 4 5
Rough water experience	1 2 3 4 5

What is your biggest, most memorable or significant achievement last season? Or so far this season (personal/team or both)

What is something you hope to achieve by season-end?

Rank yourself based on all these attributes 1-40 (there are 40 on our roster):
(1 being the highest) _____

What goals do you want to accomplish this season?

What is the biggest obstacle to achieving those goals?

What can the coaching staff/club do to help you achieve those goals?