



## Player Profile

Calendar Year: \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Birth (Date & Year): \_\_\_\_\_

Training Age (# of years weight training): \_\_\_\_\_

Years Played: \_\_\_\_\_

Minor Association (Current Team): \_\_\_\_\_

Shoots (L or R): \_\_\_\_\_

Preferred Position/Role: \_\_\_\_\_

Preferred Number: \_\_\_\_\_

Favourite Lacrosse Player: \_\_\_\_\_

Favourite Lacrosse Team: \_\_\_\_\_

Favourite Athlete: \_\_\_\_\_

Other Sports Played: \_\_\_\_\_

Major Injuries (?): \_\_\_\_\_

Favourite Animal: \_\_\_\_\_

Major Foreseeable Absences: \_\_\_\_\_

Certified Referee/Coach/Volunteer (?): \_\_\_\_\_

Rate your level of Strength/Power (1-10): \_\_\_\_\_ Rate your level of Conditioning (1-10): \_\_\_\_\_

Rate your level of Mental Strength/Stability/Resilience (1-10): \_\_\_\_\_

Rate your level of comfort with conflict (1-10): \_\_\_\_\_

Rate your level of enjoyment in giving and receiving feedback (1-10, 1 = Only If Necessary): \_\_\_\_\_

Interests: \_\_\_\_\_

\_\_\_\_\_

Strengths: \_\_\_\_\_

\_\_\_\_\_

Weaknesses: \_\_\_\_\_

\_\_\_\_\_

For you to be at your best what do you need?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_