

Generate Your Next Level™

Sport Coaching: Preparing for Your Initial Consultation

The first step of your sport coaching program is a 90 minute initial consultation. The purpose of this meeting is to begin the groundwork required to design a custom coaching program that will maximize your athletic potential. Your coach will use this opportunity to learn about you, your current and previous training history and your performance goals.

As part of your 90 minute initial consultation session, you'll discuss with your coach:

- Your athletic history
- Athletic goals and future achievements
- The logistics of your customized coaching program
- Answers to your questions about coaching, training and your sport

You will also complete paperwork, including:

- Consent form
- Confidentiality form
- Coaching contract
- Medical history

Preparation

To get the most from your consultation, prior to the meeting:

- Consider any athletic goals and achievements you'd to generate
- Identify your top three athletic strengths and weaknesses
- List three things that prevent you from meeting your athletic goals
- List three things that are essential to your athletic success
- Identify the people who support you in achieving your athletic goals
- Items to bring (if available):
 - Race results for the past 3 years
 - Training diaries for the past 3 years
 - Name of primary care physician
 - List of sports nutrition products you use
 - List of any medications (and dosages) that you use

Payment

We take all major credit cards. PayPal may be used prior to the consultation. Make payments through PayPal to e-mail account: payments@jdssportcoaching.com
There is a 5% additional fee for using PayPal