



Name:

Athlete Name and DOB:

Athlete Grade/Class:

Sport:

What is your reason for scheduling the appointment?

Please describe in detail how long your athlete's issue has been going on. How does it impact him/her?

Has your athlete ever worked with a sports psychologist/mental performance coach before? If yes, please describe his/her experience.

Has your athlete ever worked with a clinical psychologist/therapist/counselor before? If yes, please provide details you are comfortable providing.

How would you describe success in working with me?

What are your athlete's goals in his/her sport?



What do you want your athlete to experience in his/her sport?

What is your own athletic experience? If none, that is okay. This question helps me understand parent-athlete interactions in general.

What are the three most important things I need to learn about your athlete's performance to date?

How does pressure appear to impact your athlete? Give details.

Please list his/her strengths in sport.

Please list areas where you feel he/she struggles.

At the present time, please rate his/her mental game on a scale of 1-100 (1 – terrible; 100 – world class):

Please list anything and everything you think I need to know that would help me enhance your athlete's game and performance. Provide as much information as you want as all of it is helpful to me.