

The Art of Winning

Competition Training Program

Intake Form

1. On a scale from 1-10, how dedicated are you to following through with this program?

1 2 3 4 5 6 7 8 9 10

2. Other than winning, what are your goals for competing? i.e. what is this going to do for you? How is going to make you feel? What benefits do you want to see?

3. What reservations (or fears), if any, do you have about this camp and competing?

4. Are you ok with winning and being a champion? How would winning affect your life?

5. Are you ok with losing? How would losing in this tournament affect your life?

6. Is your family/significant other on board with this training camp? (If you haven't already, be sure to discuss the details of the strict training schedule, diet, and being sore & tired with them. They need to understand that is important to you and hopefully they will be there to support you. Training camps inadvertently affect those closest to us. In the end they will appreciate your dedication to something and will see that discipline spill over into your personal life).
