

New Zealand Ice Skating Association (Inc.)
(Affiliated to the International Skating Union)



Attach photo here
(Passport size)

Skaters' Development & Goal Setting Program 2006 - 2008

General Information

Date: ___ / ___ / ___

Name: _____ Male / Female (delete one)

Address: _____ Date of Birth: _____

_____ Phone No: _____

_____ Email: _____

Home Club: _____ NZISA T/C No: _____

Highest Stroking Medal Passed: _____

Highest Freeskate Medal Passed: _____

Current Skating Grade: _____

Coach/es: _____

Choreographer: _____

Annual Physical Consultation - Yes / No _____

Year First Started Skating: _____

Current Education - Secondary / Tertiary _____

Skaters Signature: _____

Parent / Guardian Signature (if under 18 years) _____

Coach/es Signature: _____

Achievements 2006

Tests: _____

Spins: _____

Jumps: _____

My strengths are: _____

My areas for improvement are: _____

Types of Off-ice Training:

_____ No of hours per week: _____
_____ No of hours per week: _____

On-ice Training:

Winter (NZ competition season Apr – Sept) No of hours per week: _____

Summer (Oct – Mar ISU Skating season) No of hours per week: _____

Competition placement & number in grade:

NZ Nationals _____

Aus States/Nationals _____

Overseas (name of comp to be included) _____

Goals for 2007 & 2008

Tests: _____

Jumps: _____

Spins: _____

Training development: _____

Long Term Goals

2009 & beyond: _____

How I plan to achieve them: _____

**Competitions I would like to attend in the remainder of the
2006 season & the 2007 and 2008 seasons**

New Zealand:

2007 _____

2008 _____

Australia:

2006 _____

2007 _____

2008 _____

Overseas:

2006 _____

2007 _____

2008 _____

Additional Notes
