

**PERFORMANCE STATIONS: SURVEY TOOL FOR ATHLETES AND COACHES**

Athletes who participated in Performance Stations should complete the questions below. These questions may be completed directly by an athlete (with support if needed), or the survey may be verbally administered by a Performance Station staff person who reads the questions and records the athlete’s responses.

*Script for Survey Implementer: We would like know about how you feel about your experience at the Performance Stations when you were at the (insert name of event or competition here for reference). Your answers will help us to make the stations better. This survey will only take a few minutes to do and there are no right or wrong answers.*

1. Please select all of the Performance Stations that you visited. Select all that apply.

- Competition Readiness
- Nutrition
- Hydration
- Physical Activity
- Pledge Wall
- Local Opportunities

2. Please select how much you agree with the following statements.

	Agree	Disagree	I don't know	I didn't do this station
Overall, I liked all of the Performance Stations.				
I learned information at the Performance Stations that can help me to be a better athlete.				
I learned information at the Performance Stations that can help me to be healthier.				
The information and activities at the stations were interesting.				
The volunteers working at the stations helped me learn about fitness and health.				
I will work towards the fitness goal I set at the pledge wall.				
I will try one of the programs shared at the local opportunities station of the Performance Stations.				
I will tell my teammates, coaches, and family to try out Performance Stations.				

3. What did you like most about the Performance Stations?

Free text \_\_\_\_\_

4. What did you like least about the Performance Stations?

Free text \_\_\_\_\_

Coaches should complete the questions below.

For coaches: We'd like to ask you about your experience with the Performance Stations held at (*insert name of event or competition here for reference*). We are also interested in your perceptions of the athletes' experiences and your thoughts on how to improve the Performance Stations. Thank you for your willingness to complete this survey.

1. Please select all of the Performance Stations that you visited. Select all that apply.

- Competition Readiness
- Nutrition
- Hydration
- Physical Activity
- Pledge Wall
- Local Opportunities

2. Please select how much you agree with the following statements.

	Strongly agree 1	Somewhat agree 2	Somewhat disagree 3	Strongly disagree 4
I believe my athletes learned useful information that can improve their sport performance.				
I believe my athletes learned useful information that can improve their health.				
The information and activities at each station were at an appropriate level for my athletes.				
The volunteers at each station were knowledgeable and engaging.				
The amount of time dedicated to each station was appropriate.				
Overall, I believe my athletes enjoyed the experience.				
I learned useful information that can be used to improve my coaching.				
I would recommend the Performance Stations to other athletes and coaches.				
I would attend another Performance Stations event in the future.				
I will support my athletes in working toward their goal.				
I will support my athletes in participating in at least one of the local opportunities.				

3. Please provide any additional comments about your experience at the Performance Stations.

Free text \_\_\_\_\_

4. Please suggest three ways in which we could improve the Performance Stations.

Free text \_\_\_\_\_