Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team/Delegation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What sport(s) do you play?: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Survey Instructions: This survey may be completed directly by an athlete (with support if needed), or it may be verbally administered as an interview by a Performance Station staff person who reads the questions and records the athlete’s responses.*

*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.*

*Please put a check next to all of the Performance Stations that you visited:*

[ ]  Competition Readiness

[ ]  Nutrition

[ ]  Hydration

[ ]  Physical Activity

[ ]  Pledge Wall

[ ]  Local Opportunities

*Please answer the questions below by putting a check in the box that best describes how you feel.*

|  |  |  |  |
| --- | --- | --- | --- |
|  |  Agree | ☐ Disagree | ☐ I don’t know |
| 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 you to 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 would you tell my teammates, coaches, and family to try out the Performance Stations. | [ ]  | [ ]  | [ ]  |

What did you like most about the Performance Stations?

What did you like least about the Performance Stations?