

Essay and Questionnaire

Speed Development is a specialized program created to develop an athlete's proper sprinting mechanics and multi-directional movement. This program is not a recreation program. Speed Development's training methods will help your athlete develop the necessary multi-directional skills to enable your athlete to compete on an even playing field with other athletes in their respective sports activities (football, baseball, basketball, soccer; volleyball, and tennis).

All Speed Development athletes will receive age specific training and conditioning for their relevant level of performance. Speed Development athletes are required to commit to excellence not only on the track, but in the classroom, and in our community. Speed Development is a very demanding program with very high expectations. This program is very structured and is not for every athlete or for every family.

There are three steps to the application process: 1) questionnaire 2) essay and 3) interview.

1) Questionnaire: Complete the attached questionnaire.

2) Essay: Each athlete is required to submit a 200-300 word essay on why the athlete believes they should be accepted into the Speed Development program. In addition, Speed Development would like to know what the athlete wants out of this program as well as illustrating the importance of education to them. Parents please work together with your athlete to write the essay. The athlete's family also has their responsibility to the program.

Mail the essay and questionnaire on or before February 1, 2009 to Speed Development, at 2480 Falcon Drive, Paso Robles, and CA 93446.

In cases where Speed Development is not aware of your athlete's track abilities, they may be required to complete a battery of physical ability tests. The tests will only be used to determine the athletes' overall speed, strength, endurance, agility and quickness. Athlete's must have the ability to sprint at a respectable (age specific) speed to enter the track and field program.

3) After all essays/questionnaires are reviewed; the interview process will be conducted with the parents. On some occasions, a second interview with the parents and athlete may be required.

Note: Speed Development .is a twelve month a year program. However, athletes will not be required to training with the program during their active sports period. However, the athlete and parents will be required to maintain an active line of communication during periods the athlete is away from the program. If the athlete and family feel they can not fully commit to the guile-line and rules govern the program, then it would be best that the athlete and parents find a program that will be meet their needs.. It is extremely important that the athletes and their parents understand their responsibility to the program.



2007 SPEED DEVELOPMENT QUESTIONNAIRE

ATHLETES NAME: _____ Age: _____

1. Why are you submitting this Speed Development questionnaire? _____

2. What do you have to offer the Speed Development program? _____

3. Are you willing to sacrifice to complete the program? _____
4. Are you willing to commit to 120 % of your effort towards training and conditioning? _____
5. Are you willing to change your eating habits to enhance your success? _____
6. Are you able to work together with others? _____
7. Are you willing to except the diversities of others? _____
8. Are tough enough to except corrective criticism? _____
9. Can you handle the intense pressure of competition? _____
10. Can you handle failure? _____
11. How do you handle success? _____
12. How do you handle pain? _____
13. What are your hobbies? _____
14. Do you like to watch television? _____
15. What is your Favorite television show? _____
16. Do you like to read? _____

17. What are your favorite books? _____

18. What is your favorite food? _____

19. What is your favorite sport? _____

20. Are you a B average or above student? _____

21. What is your favorite class in school? _____

22. What do you like about school? _____

23. What don't you like about school? _____

24. Where did you first hear about the Speed Development program? _____

25. What have you heard about the Speed Development program? _____
