

Karate New Zealand Athlete Profile Sheet



CLUB/REGION _____

CATEGORY: *(kata/kumite and weight category)* _____

NAME: _____

DATE OF BIRTH: _____

SEX (M/F): _____

CONTACT PHONE: _____

ADDRESS: _____

EMAIL: _____

DATE: _____

Please complete the following questions truthfully to help us assist you in your training and evaluate your performance needs.
You can continue on a separate sheet if required.

1 What days per week do you train and how many hours on each day?

Please indicate which sessions are technical and which are fitness related. *(karate training versus gym/road work)*

2 Please list previous selections and years of national and

international competitions and results. *(append CV if required)*

3 What is your current weight (kg) and height (cm)?

4 How regularly do you compete in national or local competition?

5 Which club and/or region do you compete for?

6 Name and contact details of your coach (phone and email)

5 Are you currently injured? If so please describe and indicate whether you are seeking medical help

6 Do you suffer from any illnesses? If so please describe and indicate whether you are seeking professional help

7 Please describe your typical diet, i.e. what do you eat for breakfast, lunch and dinner?

8 Are you currently taking any type of medicines or substances? Please list.

9 Do you smoke and/or drink? If so how many/day? Please also list any other relevant substances.

10 Females only: are you currently or have you ever been pregnant?

11 Do you have any personal, religious or professional restrictions that may impact on your ability to train, compete or attend testing sessions?

12 Have you taken part in a sports fitness test and/or sports medical test before? Please indicate date of last test.
