

Central Catholic High School  
Season Review Form – Athlete

SPORT: \_\_\_\_\_

TEAM: \_\_\_ V \_\_\_ JV \_\_\_ JV2 \_\_\_ F

1. What were your goals coming into the season?
  
  
  
  
  
  
  
  
  
  
2. What did you do to prepare prior to the season to meet the challenge of attaining these goals?
  
  
  
  
  
  
  
  
  
  
3. What were your greatest challenges during the season?
  
  
  
  
  
  
  
  
  
  
4. What was the highlight of your season (greatest achievement)?
  
  
  
  
  
  
  
  
  
  
5. How could your coach have been more supportive to you during the season?
  
  
  
  
  
  
  
  
  
  
6. How could the CCHS Athletic Department been more supportive for you during the season?
  
  
  
  
  
  
  
  
  
  
7. In what area(s) would you compliment your coach/team?
  
  
  
  
  
  
  
  
  
  
8. In what area(s) would you recommend further development for your coach/team?
  
  
  
  
  
  
  
  
  
  
9. Please briefly reflect on what your parent(s) did to support you in your athletic endeavors this season?
  
  
  
  
  
  
  
  
  
  
10. Looking back on the season is there anything your parent(s) might have done differently to support you?

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature

Please use the back of this form to provide additional comments.