



**ATHLETE INFORMATION FORM FOR
PLAYERS OF THE F.S.L NATIONAL PROGRAMME 2024**

A. Personal Details

Full Name	
Date of Birth	
Address	
Mobile phone number	
Parents mobile number (minors)	
E-mail	

B. Professional activities or studies

Name of school/university	
Adresse	
Name of the Director	
Year of study	
Plans after studies (university, army, work, dual career, other)	
OR	
Name of employer	
Adresse	



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C. Athlete support information

Main Trainer Contact Details	
Full Name	
Country	
Mobile number	
E-mail	

Assistant trainer contact details (If applicable)	
Full Name	
Country	
Mobile number	
E-mail	

Name of personal physician	
Phone number	

Name of personal physiotherapist	
Phone number	

If other medical support, which? (psychologist, dietician, nutritionist, etc.)	
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D. Sports Career information

Squash debut (year)	
Other sporting activities currently practiced	

Absolute best performances			
Tournament			
Tournament	Performance	Date achieved (day/month/year)	Location

Evolution of personal best performances over the last 4 years

<i>Year</i>				
2020				
2021				
2022				
2023				



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E. Short-, medium- and long-term objectives

Main objectives for the 2024/2025 season	
In terms of performance (goal for the season)	
Participation and results in international competitions (what you're aiming for)	

Objectifs à moyen et long terme	
In terms of performance	
Participation and results in international competitions	



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Planning Season 2024/2025

Number of training sessions per week (average) :

Training program planned for 2024/2025:	
<u><i>Date</i></u>	<u><i>Place</i></u>

Programme des compétitions principales prévues en 2024/2025 :	
<u><i>Date</i></u>	<u><i>Place</i></u>



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Please note:

Please enclose a training schedule, the season's competitions and a copy of the weekly training schedule.

Signature Athlete

Signature N. Coach