**Sailor Interview Form**

*(For returning team members, do not submit last semester’s form. This should be a new form)*

The intent of this interview form is to give your coaches some insight into your individual goals with specific regard to your sailing, academics, and other commitments. The only correct answers are honest answers. These forms will be kept confidential between you and the coaches. Please be as specific and thorough with your responses as possible as this will make our individual interviews more productive. Please remember that the individual interview is a two-way interview and we expect you to come prepared with questions and/or input for the coaches.

**What are your short-term (this semester), medium-term (this year), and long-term (next year and beyond) goals? Please address each of these stages in the categories below:**

Academic Goals:

Individual Sailing Goals (include sailing beyond the team, outside regattas, and long-term sailing goals):

Team Leadership Goals - Beyond sailing what do you hope to contribute to the team?:

Team Performance Goals (where do you expect the team to finish?):

**Please address how you expect to achieve these goals by addressing the questions below:**

What level of commitment (high priority, medium priority, or low priority) are you willing to make to the team? If you are uncertain of your level please explain what factors will affect your level of commitment:

Please explain your daily attendance commitment to practices and regattas for this semester. Please include competitive sailing events outside of High School Sailing that you plan to attend:

What other commitments do you have that may affect your academic and sailing goals? (examples: other sports, jobs, activities/clubs, family situations, relationships, etc.):

Please list and rank your 4 most important current commitments in terms of priority to you. 1. Most important, 2, 3, and 4 least important. School and Sailing should both be included in this ranking so lengthen the list if necessary:

Please include a brief outline of your sailing “Resume” from the last 12 months. This can include competitions and training. Highlights only please:

Please include a brief outline of your current schedule including school coursework (Class, Days and Times), Sports (Practices and Events), Other Activities (Includes Music, Drama, Art, Social Clubs, Academic Clubs, Etc.), **Important Family Commitments** (i.e. Church, Weddings, Family member care, etc.), employment and other regular or major commitments:

Please be brief but thorough in your answers. Bullet or Outline format is fine. Please type answers after each question (single spaced) and email the completed form to the Head Coach Carolyn Smith [carolyn.smith@nhycstaff.org](mailto:carolyn.smith@nhycstaff.org) in MS Word format.