

# Co2B\_PB — New Student Intake

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Fill this out before your first session. The more context I have, the more productive we'll be from minute one. Nothing here is graded — be honest about your level and limitations so I can build the right session for you.

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## 01 — ABOUT YOU

*Basic contact info so I can confirm your session.*

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### Full Name \*

*[Short answer]*

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### Email Address \*

*[Short answer]*

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### Phone Number \*

*[Short answer]*

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### How did you hear about me? \*

*[Select one]*

- ERA Pickleball
- Instagram @Co2B\_PB
- Friend / Word of mouth
- Online search
- Other

## 02 — EXPERIENCE & SKILL LEVEL

*Honest answers let me skip what you already know.*

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### How long have you been playing pickleball? \*

*[Select one]*

- Never played
- Less than 6 months
- 6 months – 1 year
- 1–2 years

- 3+ years

**How would you rate your skill level? \***

*[Select one]*

- Beginner / Never played
- 2.0–2.5 Developing
- 3.0 Intermediate
- 3.5 Competitive beginner
- 4.0+ Advanced / Tournament

**How often do you currently play? \***

*[Select one]*

- Never
- 1–2x per month
- 1–2x per week
- 3–4x per week
- Daily

**Do you play singles, doubles, or both? \***

*[Select one]*

- Singles
- Doubles
- Both

**Athletic background, if any? (Optional)**

*[Short answer]*

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## 03 — GOALS & FOCUS AREAS

*The more specific, the faster we move.*

**Primary goal for coaching? \***

*[Select one]*

- Improve overall fundamentals
- Prepare for tournament play
- Fix a specific weakness
- Get started from zero
- Improve for recreational play
- Other

**Areas you most want to work on? \***

*[Select all that apply]*

- Serve & return
- Third shot drop

- Dinking & kitchen game
- Transition zone & movement
- Volley & hands battles
- Overhead & reset
- Strategy & point construction
- Mental game & composure

**Biggest weakness or frustration on the court right now? \***

*[Write-in]*

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**What does success look like after our sessions? \***

*[Write-in]*

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## 04 — HEALTH & PHYSICAL

*Nothing here disqualifies you. I just need to coach you safely.*

**Current injuries or physical limitations? \***

*[Select one]*

- No injuries or limitations
- Yes — minor, won't affect play much
- Yes — significant, I'll explain below

**If yes, describe your injury or limitation. (Optional)**

*[Write-in]*

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**Previous surgeries or chronic conditions relevant to activity? (Optional)**

*[Write-in]*

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## 05 — EQUIPMENT

*As a Paddletek sponsored athlete I can advise on gear — only if you want it.*

**What paddle are you currently using? \***

*[Short answer (brand & model if known)]*

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**How would you rate your current paddle? \***

*[Circle one → 1 — 2 — 3 — 4 — 5 (1=Hate it, 5=Love it)]*

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**Open to paddle recommendations? \***

*[Select one]*

- Yes
- No
- Maybe — depends on cost

**What shoes do you play in? (Optional)**

*[Short answer]*

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## **06 — LOGISTICS**

*Helps me get you scheduled fast.*

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**Preferred court location(s) in Houston/The Woodlands area? \***

*[Short answer]*

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**Days that generally work for you? \***

*[Circle all that apply → Mon Tue Wed Thu Fri Sat Sun]*

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**Times that work best? \***

*[Circle all that apply → Morning (before noon) / Afternoon (noon–5pm) / Evening (after 5pm)]*

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**Session format preference? \***

*[Select one]*

- Private 1-on-1
- Group clinic
- Either works

**Anything else I should know before your first session? (Optional)**

*[Write-in]*

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