

Student Questionnaire Form

Please complete this form and bring with you to your first lesson or email to pnorwood@gmail.com

Contact Information

Name: _____

Email: _____

Playing History

How old were you when you began playing golf? _____

What is your current handicap or average round? _____

What is your lowest round in the last year? _____

What is your highest round in the last year? _____

What is your lowest tournament round in the last month? _____

In what tournament? _____

What is your highest tournament round in the last month? _____

In what tournament? _____

What is your home course? _____

What is the length, course rating & slope? _____

What is your average number of rounds played per week? _____

What is your average number of hours spent on full swing practice per week? _____

What is your average number of hours spent on short game practice per week? _____

Talent level you typically play/compete in?

What do you personally feel are your playing strengths?

What do you personally feel are your playing weaknesses?

Physical Information

Have you had any previous injuries that have resulted in physical limitations? If so, please list -

Are you right-eye dominant or left eye dominant? _____

How would you rate your overall flexibility on a scale of 1-10: _____

How would you rate your flexibility on a scale of 1-10, in the ability to turn your chest and shoulders while keeping your hips and legs in a stationary position? _____

How would you rate your ability to rotate your hips while keeping your torso and upper body in a stationary position by holding it with your hands? _____

Do you ever do muscle stretches? _____
If yes, how often & what muscles do you stretch?

Do you participate in any type of cardio exercise or activities? _____
If yes, please describe the activity and frequency _____

Do you participate in any type of weight lifting or other strength building exercises?

If yes, please describe the activity and frequency _____

If you participate in strength building exercises, what muscles do focus on strengthening?

Is there anything physical that you feel affects you play negatively in any way?

Technical Information

Have you ever worked technically on your golf swing? _____

If yes, have you ever been instructed by club professionals or professional golf instructor/s?

If yes, what instructors have you worked with and for how long? _____

What swing changes or parts of your technique have you worked on pertaining to your golf swing, and what instructor did you work with for each?

Did you improve under the tutelage of previous instructor/s, and if so, which instructor(s)?

Do you consider yourself to be a mechanical or a feel player? _____

What type of irons do you play? _____
What shafts, shaft flexes, and shaft lengths are in your irons? _____

What is the lie angle of your irons? _____
What type of driver do you play? _____
What shaft, shaft length, and shaft flex is in your driver? _____

What is the loft of your driver? _____
What is your most common ball flight? _____
What is your most common ball flight for poor shots? _____
On a scale of 1-10 rate the average solidness of your ball striking _____
Where on the clubface are the majority of your poor strikes located (Centered, Heel Toe)? _____

What is your 7 iron club distance? _____
What is your 3 iron club distance? _____
What is your pitching wedge distance? _____
What is your driver distance (Carry Distance)? _____
On a scale of 1-10 rate your short-iron play _____
On a scale of 1-10 rate your middle-iron play _____
On a scale of 1-10 rate your long-iron play? _____
On a scale of 1-10 rate your driving _____
On a scale of 1-10 rate your 30-100 yard wedge shots _____
Around what yardage are you most comfortable between 30-100 yards? _____
Around what yardage are you least comfortable between 30-100 yards? _____
On a scale of 1-10 rate your pitching within 30 yards _____
How many wedges do you carry? _____
What are the lofts? _____
On a scale of 1-10 rate your flop shots? _____
On a scale of 1-10 rate your greenside bunker play _____
On a scale of 1-10 rate your chipping _____
On a scale of 1-10 rate you putting _____
Have you ever worked with a club professional or teaching professional on your short game? _____

In what areas _____
What teaching professional and for how long? _____

Practice Information

How many days a week do you practice? _____
How many months out of the year do you practice? _____
On average, what is your ratio of hours playing compared to hours practicing? _____
On average, for how many hours do you practice on the days that you do? _____

What percentage of your practice is on the full swing? _____

What percentage of your full swing practice is from 100-150 yards? _____

150-180 yards? _____
180-220 yards? _____
220-300 yards? _____

What percentage of your practice is on the short game? _____
What percentage of your short game practice is on 30-100 yard wedges? _____
0-30 yard pitching? _____
chipping? _____
putting? _____

Do you ever work on drills during practice? _____
If yes, what drills _____

Do you ever work on drills or make practice swings at home or elsewhere?

Do you feel your practice is successfully designed to strengthen your current weakness and maintain your strengths?

In general, do you feel like you are successfully able to take your golf game from the practice tee onto the golf course?

Other information important for me know _____

What do you want to achieve from this lesson?

