

## 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?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_