

Name _____ Grade _____

1. What role did you have on last year's team? (Circle one Varsity, JV, Junior High, Middle School, CBL)
2. Were you a Starter or Substitute?
3. Post or Perimeter Player?
4. Which team do you see yourself on this year?
5. What position do you see yourself playing?
6. What specific things did you do during this past off-season to improve your basketball skills, strength, and conditioning? List as many as possible.