

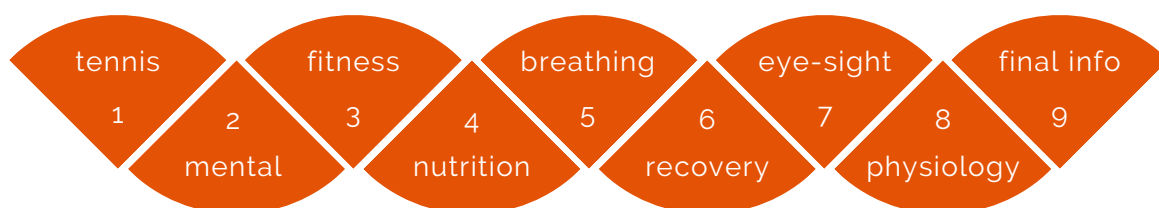
Tennis Mentorship QUESTIONNAIRE



Welcome to our Tennis Mentorship Questionnaire, designed to help us better understand your tennis journey and specific needs. This questionnaire will provide us with in-depth information to initiate our first consultation with you, helping us assess where you are and where you aspire to be as a tennis player, an athlete, and a self-aware and self-responsible individual.

Please allocate approximately 30 minutes to complete this questionnaire. Ensure you are in a quiet environment, feeling relaxed and well-rested, so we can begin this insightful journey together. After you've finished, please send the completed questionnaire along with short videos showcasing your forehand, backhand, forehand and backhand slice, volley, smash, and serves (each about 1-2 minutes) as well as 10 minutes point play to info@juliakimmelman.com

Your 9 steps to assessing your starting point



Before diving into the detailed sections, let's start with some introductory inquiries. Your responses here will provide us with initial insights into your profile, setting the stage for a comprehensive assessment.

FULL NAME _____

DATE _____

AGE _____

GENDER _____

HEIGHT _____

WEIGHT _____

HANDEDNESS right or left / one or double handed forehand / one or double handed backhand

PLAYING SINCE _____

OCCUPATION _____

HOBBIES _____

DOES YOUR OCCUPATION OR HOBBIES INVOLVE EXCESSIVE TALKING? IF YES, PLEASE SPECIFY. _____

ARE YOU ALREADY WORKING WITH A COACH? IF YES, PLEASE SPECIFY. _____

*Your journey to becoming the best tennis player
you can be, starts here!*

JULIA KIMMELMANN

Professional Tennis Player - Tennis Performance Mentor



1. Tennis

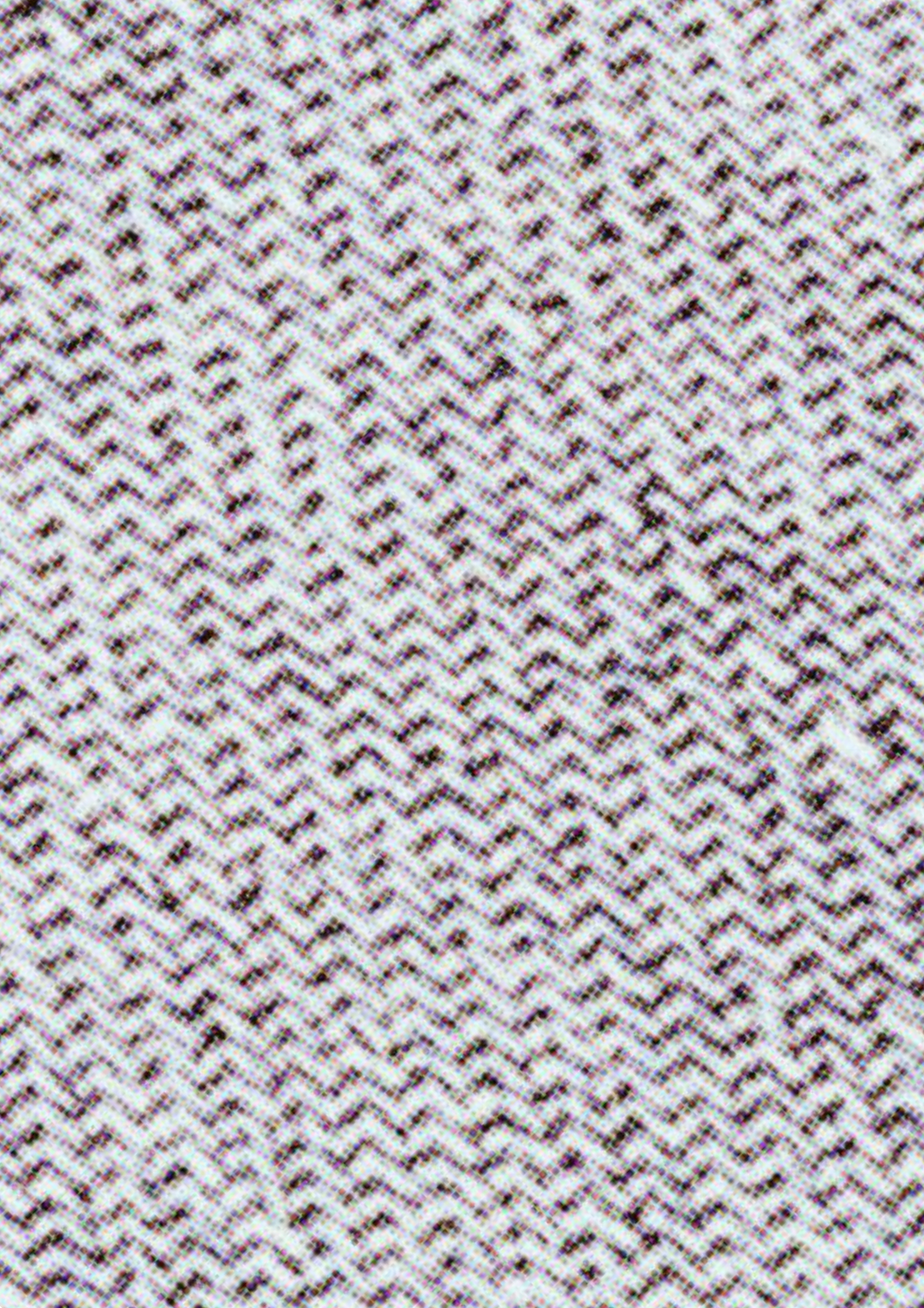
YOUR MOTIVATION FOR PLAYING TENNIS :

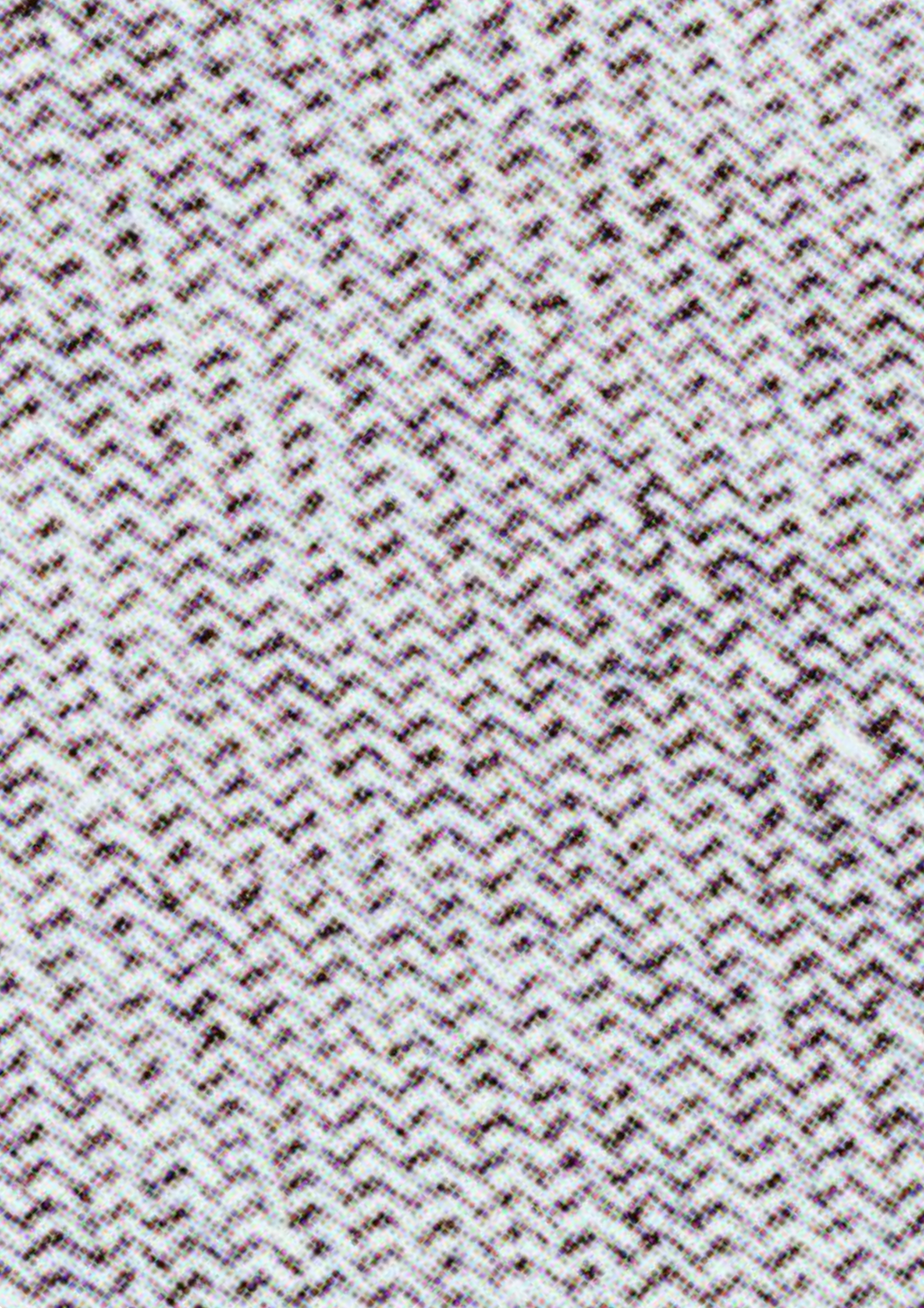
Competition Fun Health

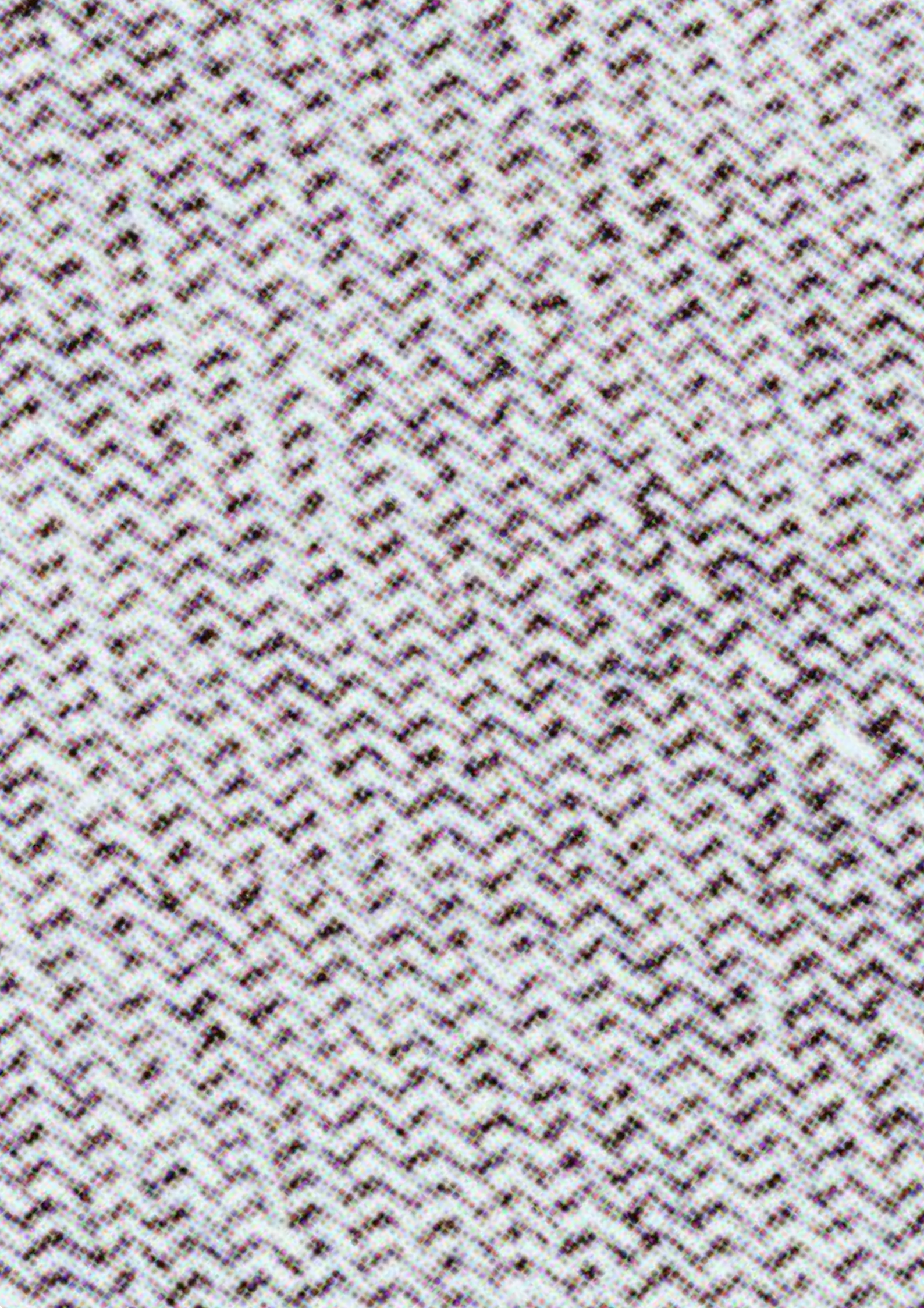
HOW MANY HOURS A WEEK DO YOU PLAY TENNIS (practice and competitions):

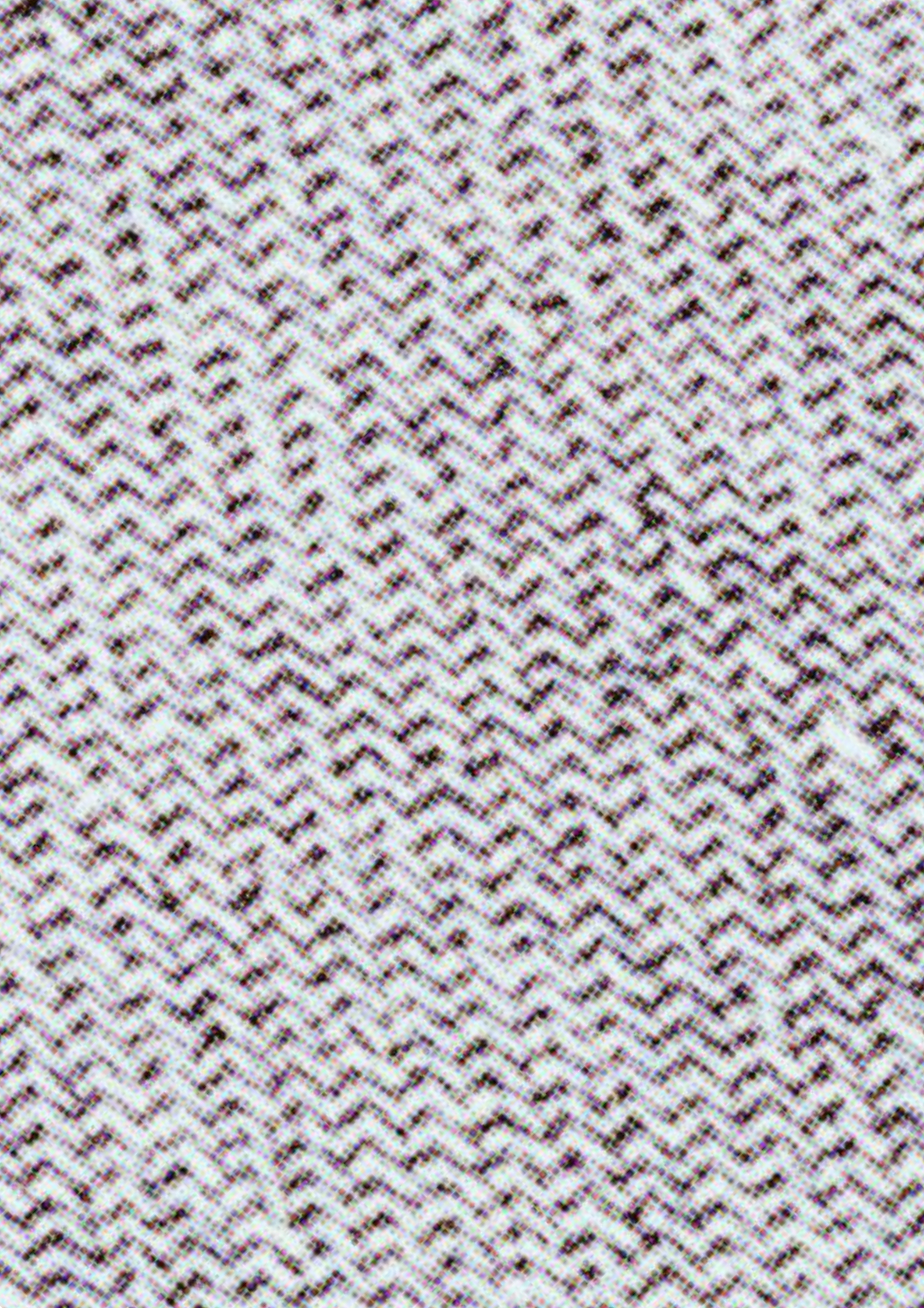
PARTS OF THE GAME THAT WORK PARTICULARLY WELL FOR ME - 1 BEING THAT IT DOESN'T WORK WELL AT ALL, 10 BEING THIS IS MY WINNING SHOT! ADD A CHECKMARK IN THE ○ FOR THE ONES YOU WANT TO IMPROVE.

TECHNIQUE										
Forehand	1	2	3	4	5	6	7	8	9	10
<input type="radio"/> Spin										
<input type="radio"/> Flat										
<input type="radio"/> Slice										
<input type="radio"/> Drop-Shot										
Backhand	1	2	3	4	5	6	7	8	9	10
<input type="radio"/> Spin										
<input type="radio"/> Flat										
<input type="radio"/> Slice										
<input type="radio"/> Drop-Shot										
Serve	1	2	3	4	5	6	7	8	9	10
<input type="radio"/> Flat										
<input type="radio"/> Slice										
<input type="radio"/> Kick										
<input type="radio"/> Underarm										







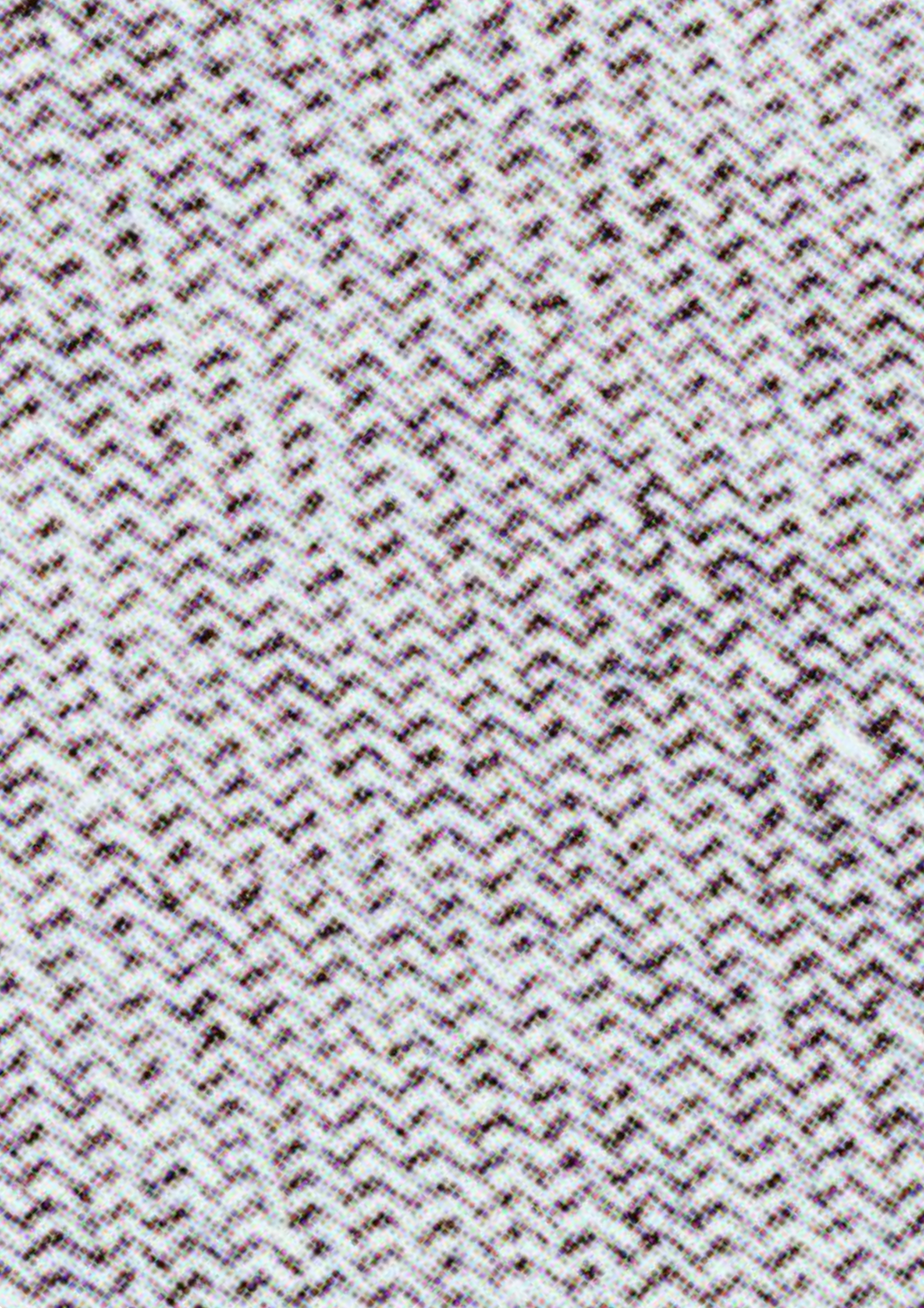


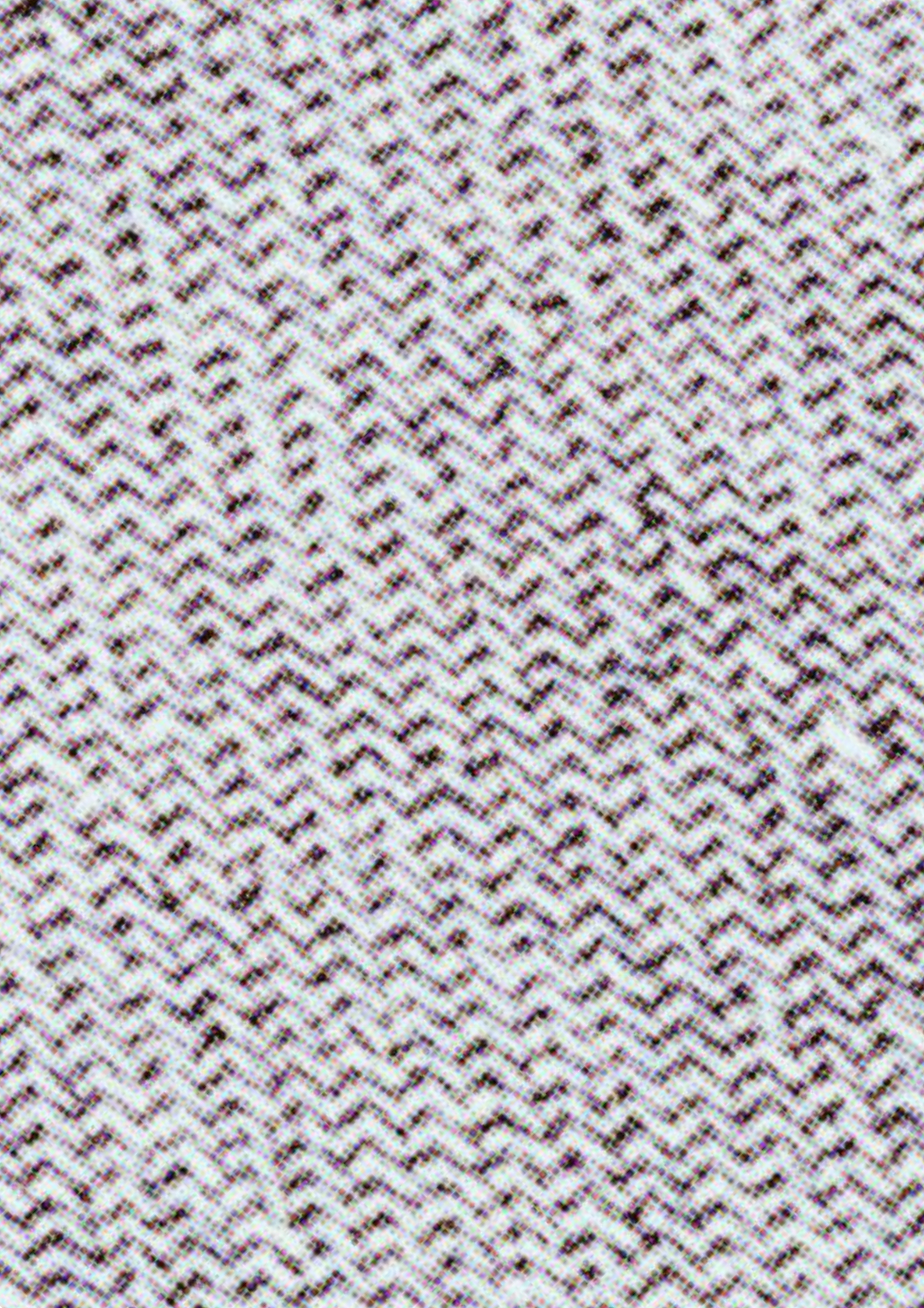
2. Mental & Emotional Management (Psycho-Physiological)

PLEASE CIRCLE THE MOST APPROPRIATE RESPONSE FROM THE FOLLOWING:

HOW EASILY AM I ABLE TO ...				
Access flow states (i.e. the right action is happening by itself, there is no differentiation in what you are doing and yourself)?	Never	Sometimes	Often	Very often
Self-regulate (i.e. I can calm down if I feel my heart rate is going up too much (= I am experiencing a stress response))?	Never	Sometimes	Often	Very often
Change states (i.e. being able to downregulate or upregulate when needed (= e.g. when being tired, nervous or overexcited))?	Never	Sometimes	Often	Very often
Hold my concentration and focus on the task at hand?	Never	Sometimes	Often	Very often
Put the critical mind aside and be able to be fully in the moment?	Never	Sometimes	Often	Very often
How often do I get distracted by the things I cannot control (e.g. spectators, my opponent, the weather, ...)?	Never	Sometimes	Often	Very often

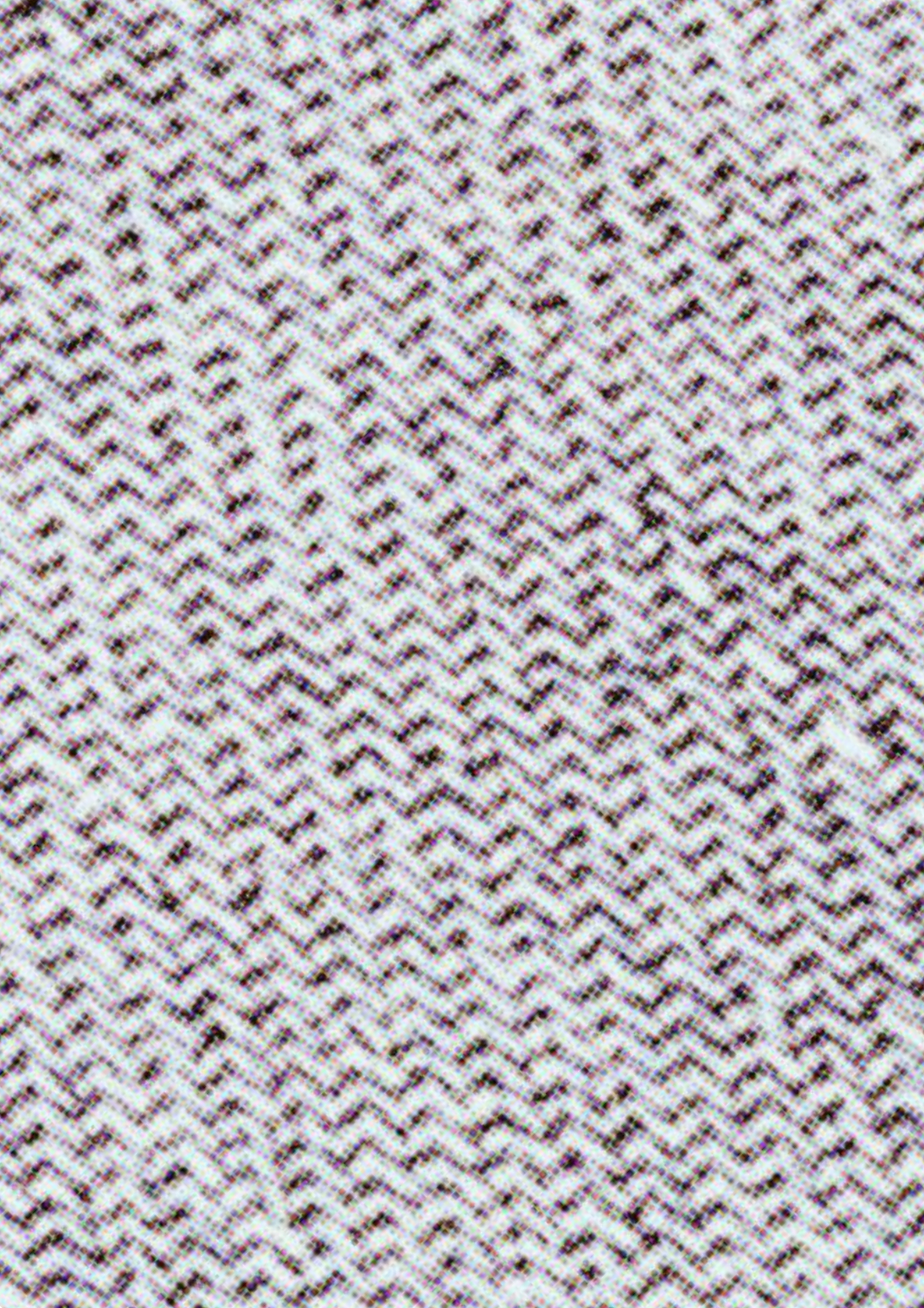
PLEASE SHARE WHAT DISTRACTS YOU THE MOST.

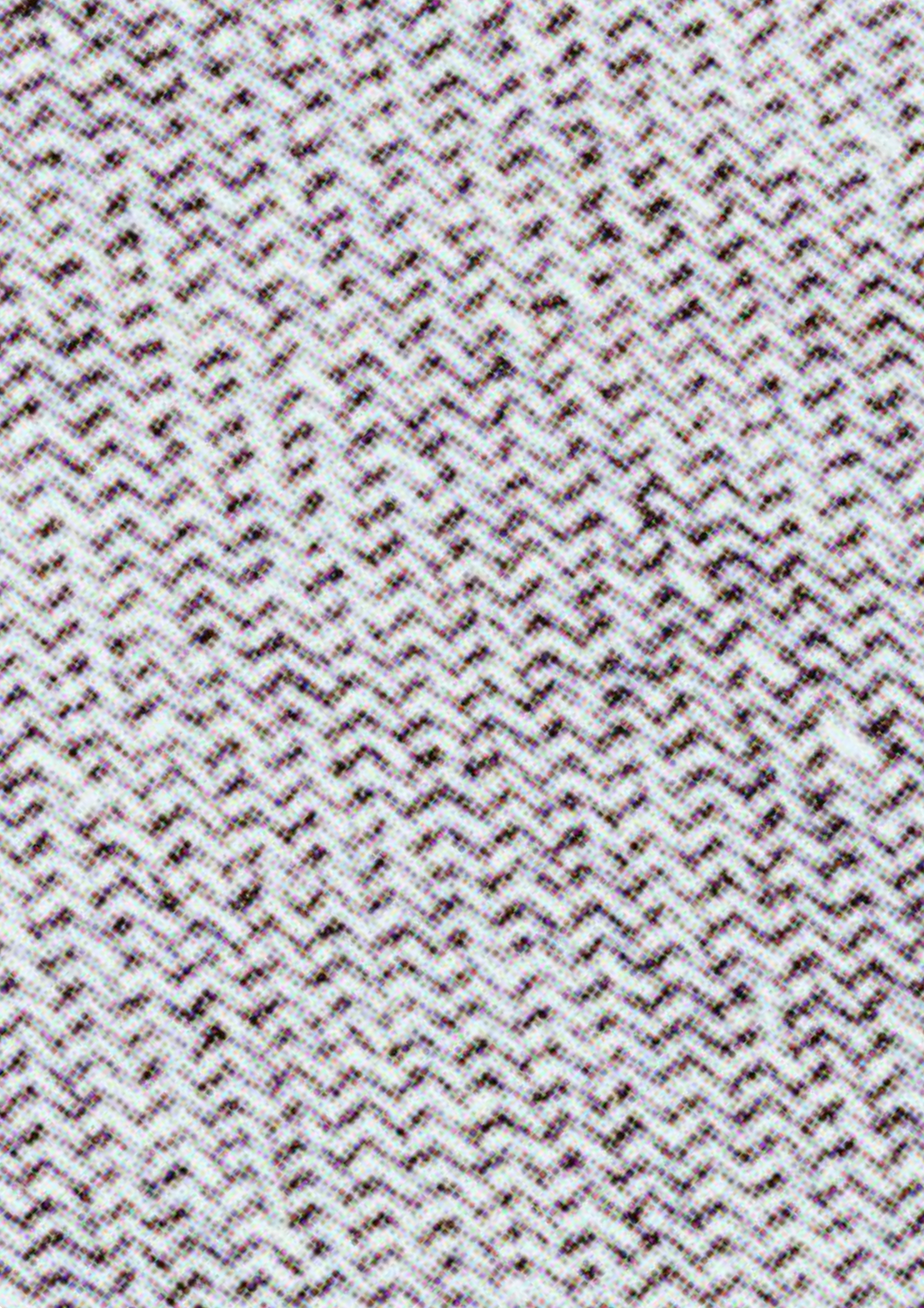












3. Athletic-Training and Performance

YOUR ATHLETIC TRAINING MOTIVATION:

Training for competition Fun Health

HOW MANY HOURS A WEEK DO YOU PARTAKE IN PHYSICAL EXERCISE (ATHLETIC TRAINING OR OTHER SPORTS)?

WHAT KIND OF OTHER SPORTS DO YOU DO, EXCEPT FROM TENNIS?

DO YOU HAVE ANY FITNESS ROUTINE? *

DO YOU HAVE A WARM-UP ROUTINE BEFORE ANY TRAINING SESSION OR MATCH? *

** If yes, please describe your training routine briefly.*





