

JUST4GK — NEW GOALKEEPER INTAKE & GETTING TO KNOW YOU FORM

BUILT ON GOALKEEPER TRAINING

Just4GK Academy | Southlake, TX | Ages 8–19 | www.just4gk.net | jerimy@just4gk.net

Welcome to Just4GK. Before your first session, we'd love to learn about your goalkeeper and your family. This form helps Coach Jeremy understand where your keeper is today, what matters most to you, and how to make every session as impactful as possible. There are no right or wrong answers — just honest ones.

SECTION 1 — GOALKEEPER INFORMATION

Goalkeeper's Full Name	Date of Birth	Age	Grad Year
School Name	Current Club Team	Team Level / League	
Height	Weight (optional)	Dominant Hand ☐ Right ☐ Left	Dominant Foot ☐ Right ☐ Left
Gender ☐ Male ☐ Female ☐ Prefer not to say			

SECTION 2 — PARENT / GUARDIAN INFORMATION

Parent / Guardian Name	Relationship to Goalkeeper		
Primary Phone	Email Address	Preferred Contact Method ☐ Text ☐ Call ☐ Email	
Secondary Contact Name (optional)	Secondary Contact Phone	Relationship	
Home City	Zip Code		

SECTION 3 — GOALKEEPER EXPERIENCE & BACKGROUND

How long have they been playing goalkeeper?
☐ Less than 1 year ☐ 1–2 years ☐ 3–4 years ☐ 5+ years

How did they come to play goalkeeper?
☐ Their choice ☐ Coach placed them ☐ Parent suggestion ☐ Tried it and loved it

Do they play any other positions? (list them)

Have they had GK-specific coaching before Just4GK?
☐ No — first specialized GK training ☐ Yes — with a private coach ☐ Yes — through a club program ☐ Yes — camps or clinics only

If yes, describe briefly:

List any soccer clubs or teams they have played for (most recent first)

CLUB / TEAM NAME	LEVEL / LEAGUE	YEARS PLAYED	GK OR FIELD?

Do they play any other sports? (list)	How many days/week training or playing soccer? ☐ 1–2 ☐ 3–4 ☐ 5–6 ☐ Every day
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SECTION 4 — THE GOALKEEPER ANSWERS THIS SECTION

Hey goalkeeper — this part is for YOU. Answer in your own words. There are no wrong answers and Coach Jeremy reads every single one.

What is your name and how old are you? Tell us a little about yourself.

Why do you play goalkeeper? What do you love about the position?

YOUR STRENGTHS — WHAT YOU DO WELL

Check everything you feel confident in. Be honest — this helps us build on what you already have.

TECHNICAL

- ☐ Shot stopping — low balls
- ☐ Shot stopping — high balls
- ☐ Diving saves
- ☐ Catching / handling
- ☐ Punching / parrying
- ☐ Claiming crosses
- ☐ Distribution — throws
- ☐ Distribution — goal kicks
- ☐ Footwork & movement
- ☐ 1v1 situations

MENTAL & PHYSICAL

- ☐ Staying focused for the whole game
- ☐ Bouncing back after a mistake
- ☐ Staying calm under pressure
- ☐ Communicating with teammates
- ☐ Organizing the defense
- ☐ Leadership on the field
- ☐ Speed / agility
- ☐ Jumping / aerial ability
- ☐ Reading the game early
- ☐ Competing hard every rep

AREAS FOR DEVELOPMENT — WHERE YOU WANT TO GROW

Check the areas you know you need to work on. Check as many as you want — this is not a test, it's a starting point.

TECHNICAL

- ☐ Shot stopping — low balls
- ☐ Shot stopping — high balls
- ☐ Diving saves
- ☐ Catching / handling
- ☐ Punching / parrying
- ☐ Claiming crosses
- ☐ Distribution — throws
- ☐ Distribution — goal kicks
- ☐ Footwork & movement
- ☐ 1v1 situations

MENTAL & PHYSICAL

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- ☐ Speed / agility
- ☐ Jumping / aerial ability
- ☐ Reading the game early
- ☐ Confidence in big moments

GOALS & EXPECTATIONS

What is your #1 goal for training at Just4GK?

Where do you want to be as a goalkeeper 1 year from now?

Is there anything about training or playing goalkeeper that makes you nervous or that you want to work through?

What is the best thing a coach has ever said or done that helped you?

What do you do outside of soccer? (hobbies, interests, other sports)

Is there anything else you want Coach Jerimy to know about you?

SECTION 5 — THE PARENT / GUARDIAN ANSWERS THIS SECTION

This section helps Coach Jerimy understand your perspective, your expectations, and how to best communicate with your family throughout training.

YOUR PERSPECTIVE ON YOUR GOALKEEPER

From your perspective, what are your goalkeeper's greatest strengths right now?

What areas do you most want to see them develop through Just4GK training?

How would you describe your goalkeeper's personality and attitude toward training?

- ☐ Self-motivated and driven ☐ Works hard when pushed ☐ Gets frustrated easily with mistakes ☐ Very coachable and eager to learn
☐ Tends to be quiet / shy with new people ☐ Very competitive ☐ Sensitive to criticism ☐ Confident and vocal

Anything else that describes them well:

How does your goalkeeper typically respond after making a mistake in a game?

YOUR EXPECTATIONS & GOALS

What is your primary goal in enrolling at Just4GK?

- ☐ Improve their technical GK skills ☐ Build their confidence ☐ Prepare for high school soccer ☐ Pursue college recruitment
☐ Develop their mental resilience ☐ Fill a gap their club program doesn't cover ☐ Keep them active and developing year-round ☐ Other:

What does success look like for your goalkeeper at the end of their first 10-week block?

Do you have any concerns or questions going into training that you'd like Coach Jerimy to address?

How often would you like progress updates from Coach Jerimy?

- ☐ After every session
☐ Weekly summary
☐ At the end of each 10-week block
☐ Only when something notable happens
☐ I'll ask if I want an update

What format do you prefer for updates?

- ☐ Text message
☐ Email
☐ Brief in-person chat after session
☐ Written report / form

HEALTH, SAFETY & LOGISTICS

Does your goalkeeper have any medical conditions, injuries, or physical limitations Coach Jerimy should be aware of?

- ☐ No — none at this time ☐ Yes — please describe below

Any allergies (food, environmental, medication) we should be aware of?

- ☐ None known ☐ Yes — please describe:

Emergency Contact Name (if different from above)

Emergency Contact Phone

Relationship

How did you hear about Just4GK?

- ☐ Word of mouth / referral ☐ Google search ☐ Facebook ☐ Instagram ☐ Club coach recommendation ☐ Other:

If referred by someone, who can we thank?

SECTION 6 — ACKNOWLEDGMENT & SIGNATURE

By signing below, you confirm that the information provided is accurate to the best of your knowledge, and that you have read and understood Just4GK's session policies, including the 24-hour cancellation policy for training sessions and weather-related cancellation protocols.

Parent / Guardian Signature

Date

Goalkeeper Signature (if age 13+)

Date

COACH — FOR COACH JERIMY USE ONLY

Date Form Received

Assigned Age Group / Time Slot

First Session Date

Package / Plan Enrolled

Initial Coach Observations

Priority Focus for First Block

Welcome to the Just4GK family. This position is more than a role — it's a calling. We're here to develop complete, confident goalkeepers on and off the field. Coach Jeremy reads every answer on this form before your first session.

Just4GK — Training Excellence. One Session at a Time.

www.just4gk.net | jerimy@just4gk.net | Southlake, TX

Serving the Dallas/Fort Worth Area since 2018