

Appendix C - April Challenge Questionnaire Template

2016 AO Brand Ambassador What the (blank)?

1. The weirdest instruction a coach/official has ever given me is ...
Hmm... there have been lots. I think the winner would be when an 'official' at an elementary school meet informed my athlete and I that she must have taken 4 'jumps' in triple because what she was doing didn't look right'... (it was perfectly legal)
2. My favorite competition/venue to compete/coach/officiate at is ...
Terry Fox Athletic Facility in Ottawa
3. One thing I never mess with in my pre-competition routine is ...
an athlete's pre-competition routine - no matter how odd it is.
4. The best advice I can give to an athlete/coach/official starting out is ...
to welcome feedback and seek advice from more experienced coaches, but ultimately do what works for you + your athletes!
5. Worst injury I incurred competing/coaching/officiating would be...
a partial tear in my left calf muscle - old folks should NOT demonstrate.
6. If I weren't involved in Athletics, I would be ...
bored - or in much better shape myself!
7. Song(s) I listen to prior to a practice/competition ...
whatever is playing at the venue
8. In the box below, draw a self-portrait ...

