

## 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 ...

Coach: "Stop running like you have lower legs."

2. My favorite competition/venue to compete/coach/officiate at is ...

Speed river / Guelph university track

(fast track and PB'd there)

3. One thing I never mess with in my pre-competition routine is ...

My warmup - always keep it the same

4. The best advice I can give to an athlete/coach/official starting out is ...

Race against the clock and yourself, not the other athletes

5. Worst injury I incurred competing/coaching/officiating would be...

Broken arm, happened at practice - ran into a wall when trying to stop myself

6. If I weren't involved in Athletics, I would be ...

Competing in stadium jumping with horses

7. Song(s) I listen to prior to a practice/competition ...

upbeat pump up songs by a variety of artists

8. In the box below, draw a self-portrait ...

