

Jamal Williams.



## 2016 AO Brand Ambassador

1. The weirdest instruction a coach/official has ever given me is ...  
"Thrust mid jump" (so your bum does not hit the bar)
2. My favorite competition/venue to compete/coach/officiate at is ...  
University of Toronto/Windsor (outdoor)  
York (indoor)
3. One thing I never mess with in my pre-competition routine is ...  
My Focus.
4. The best advice I can give to an athlete/coach/official starting out is ...  
Be consistent with practice attendance. Going to practice is the only way to elevate your performance!
5. Worst injury I incurred competing/coaching/officiating would be ...  
Pulling my hip flexor during OFSAA West Regionals (The week before OFSAA)
6. If I weren't involved in Athletics, I would be ...  
More involved with basketball
7. Song(s) I listen to prior to a practice/competition ...  
Any thing that can range from pop to Adele to Drake + reggae and everything in between.
8. In the box below, draw a self-portrait ...

