

# 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 ...  
To close my eyes in the blocks (like I need to see 😂)
2. My favorite competition/venue to compete/coach/officiate at is ...  
London Anniversary Games in England
3. One thing I never mess with in my pre-competition routine is ...  
Fast accelerations in my spikes ... I'm a sprinter lol!
4. The best advice I can give to an athlete/coach/official starting out is ...  
STAY HYDRATED ATHLETES! Water is your best friend !!!
5. Worst injury I incurred competing/coaching/officiating would be...  
\*Knock on wood\* I have not incurred an injury while competing
6. If I weren't involved in Athletics, I would be ...  
Flipping somewhere in Gymnastics
7. Song(s) I listen to prior to a practice/competition ...  
Any R&B song that I wish I could sing to, or make me feel hype.  
That can be either Justin Bieber, Beyoncé, Drake etc.
8. In the box below, draw a self-portrait ...

