

Question Exemplars

What do you see yourself accomplishing in five to ten years?

Are there any short-term goals you'd like to accomplish in the next few months?

What do you believe to be one of your weaknesses?

What do you believe to be one of your strengths?

Do you have any hobbies or interests outside of sports?

Why are you so passionate about sports?

Is there a coach or athlete that you look up to as a role model? Why?

Rank the top five priorities in your life.

On a scale of 1 – 10, how would you rate the importance of exercise to you?

How many times a week do you train?

What type of sports do you like to take part in? Why?

What type of sports do you dislike? Why?

Why do you enjoy this type of sports?

Can you think of a type of sport that you would like to try but have not tried yet? Why?

Did you enjoy taking part in your PE lessons at school?

As a student, what clubs, teams or other extracurricular activities were you involved in?

What do you believe is the greatest challenge you face?

Describe your worse sports performance.

Describe your best sports performance.

Tell me about your most successful achievement.

Is there another athlete you mentored or helped?

Do you have a role model?

What's the best piece of advice you've gained?

What is your preferred routine before an event?

What is your post-event routine?

What is one important lesson you've learned from sports?

What do you believe are the qualities a person needs to practise your sport?

What does your daily routine look like?

What does your diet and nutrition look like?