National Athlete Development Survey
prepared by

Francoys Gagné, PhD
Honorary Professor of Psychology
Université du Québec à Montréal, Canada

Jason Gulbin, PhD
National Talent Search Coordinator
Australian Institute of Sport, Canberra

Introduction
As a national level athlete or scholarship holder at one of Australia’s sporting institutes or academies, you have demonstrated an advanced level of sporting ability. Exactly how you reached this level is most intriguing! Therefore, this survey aims to gather information concerning your past development in sports.

It is a bit like ‘looking through the rear view mirror’. The survey has been designed to allow you to ‘look back’ at where you have come from, and recall how you have been able to develop into a high-performance athlete.

We recognise that filling out a survey can never completely capture the many reasons why you have attained an advanced level of athletic ability. However, if you can invest approximately 45 minutes of your time completing this survey, you will be helping to develop a picture of how one might develop into an advanced athlete. Your answers and those of other athletes will provide invaluable information to national sporting organisations and institutes and academies of sport.

Be assured that your answers will remain totally confidential.

Please answer the questions carefully and return the survey to your coach as soon as possible. Alternatively, post the survey directly to the researchers using the reply paid address provided at the end of the survey.

If you would like more information about this survey, please contact Dr Jason Gulbin at gulbinj@ausport.gov.au, or call 02 6214 1619.

THANK YOU in advance for your unique contribution to this project.
Identifying ‘YOUR’ sport

Q 1 Many questions will concern the sport in which you are now training and competing at a high level. In the following pages, that sport will be identified as ‘YOUR’ sport.

a) Please, identify YOUR sport:

b) If you have a specialty within YOUR sport, please specify:

**IMPORTANT**

The Athlete Development Triangle on the opposite page outlines a progressive competition pathway for athletes. You will need to refer to the Triangle several times throughout the questionnaire when asked about your sporting development experiences.

Please take a few minutes to familiarise yourself with the Triangle. Note the following:

- Each of the key competition levels (0 through to IV) is labelled on the right hand side of the triangle, and corresponds to the type or level of competition that you have already experienced, or might experience in the future.
- Before you entered Level I for the very first time (i.e., before you began any form of competitive training and sport), you played sports early in your life just for the fun of it. This would be represented by ‘Level Zero (nil competition)’. If you kept playing some sport for fun after moving to Level I, then we will still refer to these activities as ‘Level Zero (non-competitive) activities’.
- You will notice that the dotted vertical line distinguishes the Junior pathway (left) from the Senior pathway (right). For example, to be involved in pre-elite competition (Level III) you must be a national junior representative (left), OR a state senior representative (right). Likewise, elite competition (Level IV) involvement requires that you represent Australia at a senior level. Junior competition is age restricted (e.g., U/14s, U/23s), and does not proceed beyond Level III. Senior competition has no age restrictions.
- Some of you will move from junior to senior competition within the level (i.e., left to right across the triangle), before moving up to the next level. Some of you will have progressed directly up one side of the triangle, while others may have zig-zagged up the triangle, with some even skipping a level.
- AUS = you represented Australia, STATE = you represented your state; REGIONAL = you represented your region.
Q 2 To become familiar with the triangle, please write your age in Table 1, when you first reached each of the possible competition levels for YOUR sport (insert a hyphen (-) if not applicable).

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>I Play/leisure</th>
<th>I Jr Loc</th>
<th>I Jr Reg</th>
<th>II Jr State</th>
<th>II Jr AUS</th>
<th>III Jr Loc</th>
<th>III Jr AUS</th>
<th>III Sr Loc</th>
<th>III Sr Reg</th>
<th>IV Sr State</th>
<th>IV Sr AUS</th>
<th>IV Worlds</th>
<th>IV Olym</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Hockey</td>
<td>7 yrs</td>
<td>8</td>
<td>10</td>
<td>15</td>
<td>-</td>
<td>-</td>
<td>18</td>
<td>22</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

YOUR sport: 

-------------------

<table>
<thead>
<tr>
<th>YOUR sport:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PART A — Summarising your participation in sports

Q 3 Please fill in the cells of Table 2 (on page 5) using the following column descriptions:

**Column A**
On line 1, name the first sport you began playing regularly when you were young. On line 2, identify the second sport you began playing regularly. Continue naming the sports in the order in which you began playing them.

Please note:
Regularly means at least once a week for at least six months consecutively, in season if applicable.

**Columns B, C, D …**
Please fill all the cells of the first line before going to the next line. Insert a hyphen (-) in any cell that does not contain a response.
If needed, refer back to the Triangle on page 3 for the definitions of the levels (Level 0 to IV).

B Mark an ‘X’ if this is YOUR sport.

C Your age when you began practicing that sport regularly.

D The level (0, I, II …) at which you began practicing that sport regularly.

E Choose one of the following:
- mark ‘f’ in the cell if that sport began as a family activity (playing with parents and/or siblings)
- mark ‘n’ in the cell if that sport began as a neighbourhood activity (playground, community centre, etc.)
- mark ‘s’ in the cell if it began as a school sport
- mark ‘c’ in the cell if it began as a club sport.

F Where did the idea of beginning to play in that sport come from? (Place one of the following numbers into the corresponding cell.)
1 = It was a personal choice (saw it played, read about it).
2 = It was proposed by my parents.
3 = It was proposed by other family members (brother/sister, uncle/aunt etc.).
4 = It was proposed by school personnel (teacher/coach).
5 = It was proposed by friends.

G The highest Level (0, I, II …) ever reached in that sport.

H Your age when you reached that highest level.
**I** Your age when you quit playing that sport **regularly** (insert a hyphen if not applicable).

**J** The Level (0, I, II ...) at which you **quit** practicing that sport regularly (insert a hyphen if not applicable).

**K** If you are still practicing that sport **regularly**, give your current performance level (e.g. Levels 0, I, II, III or IV) (insert a hyphen if not applicable).

### TABLE 2

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport ID</td>
<td>YOUR sport</td>
<td>Age began</td>
<td>Level began</td>
<td>N'hood School Club?</td>
<td>Idea</td>
<td>Highest level</td>
<td>Age at highest level</td>
<td>Age when quit</td>
<td>Level when quit</td>
<td>Current level</td>
</tr>
<tr>
<td>Example: Baseball</td>
<td>X</td>
<td>11</td>
<td>I</td>
<td>S</td>
<td>3</td>
<td>III</td>
<td>20</td>
<td>-</td>
<td>-</td>
<td>III</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Office use only*

#T #P #A
PART B — Focusing on YOUR sport

Q 4 With respect to YOUR sport, please complete Table 3 (opposite page) using the column descriptions provided:

Please proceed by competition level, filling all the cells of the first line before going to the next line. Make an effort to keep in mind the specific time period covered by each level. Refer to the Triangle (page 3) to keep a clear picture of that level.

Columns A, B, C, D …

A Compared to those you played/trained with during that level, how would you rate your abilities for YOUR sport?
1 = Somewhat lower than average. 3 = Somewhat higher.
2 = About the same. 4 = Much higher.

B Why did you decide to enter that competition level in YOUR sport? (Choose only one or two reasons. If you choose two, name the most important reason first [e.g. 3 | 6].)
1 = It happened automatically. It was not a conscious decision.
2 = I felt I had high natural abilities for that sport.
3 = I loved practicing that sport.
4 = I loved the feeling of winning.
5 = I bowed to outside pressures (e.g., family, coach).
6 = I wanted to be with friend(s).
7 = I wanted to prove something to myself.
8 = I was dreaming of becoming famous.
9 = I was dreaming of becoming rich.
10 = Other reason (please explain and indicate the appropriate level).

C What was your degree of interest during that level?
1 = I didn’t like it much. 4 = I liked it very much.
2 = I liked it once in a while. 5 = I loved it.
3 = I liked it most of the time.

D Compared to those you played/trained with during that level, what was your typical level of training effort?
1 = I trained much less intensively. 4 = I trained a bit more intensively.
2 = I trained a bit less intensively. 5 = I trained much more intensively.
3 = I trained about as much.

E Mark the number of hours per week (on average) you trained in YOUR sport at that level.

F Mark the number of months per year (on average) you trained in YOUR sport at that level.

G Compared to those you played/trained with during that level, how fast did your skills improve?
1 = Much slower. 4 = Somewhat faster.
2 = Somewhat slower. 5 = Much faster.
3 = About as fast.
H  Compared to those you played/trained with during that level, how would you rate your best performance level?

1 = Below average.  
2 = About average.  
3 = I was among the top third.  
4 = I was among the three best.  
5 = I was usually the best.

I  During that level, what was the worst level of sporting injuries you sustained?

1 = I remained injury free.  
2 = I had minor injuries that did not affect training/competition.  
3 = I had minor injuries that limited training for no more than a week.  
4 = I had a serious injury that limited training for at least a few weeks/months.

J  During that level, how would you rate your parents’ attitude to your sports activities?

1 = Generally negative attitude.  
2 = Slight tendencies towards the negative.  
3 = Mostly indifferent, with occasional support.  
4 = Mostly positive support.  
5 = Very positive and active support.

K  At any time during that level, did you seriously consider quitting competitive training? If ‘No,’ mark ‘X’ in the cell. If ‘Yes’, write the number of the most important reason among the choices below. Choose only one or two reasons. Name the most important reason first (e.g., 3|6).

1 = Practical reasons (e.g., distance, inadequate facilities).  
2 = I was losing interest because of poor performances.  
3 = I was getting discouraged by the daily efforts required.  
4 = Financial problems.  
5 = Practicing this sport conflicted with other leisure activities.  
6 = Practicing this sport conflicted with my studies/work.  
7 = Repetitive injuries or illness.  
8 = Other (please explain and indicate the relevant level).  

_________________________________________________________________

TABLE 3

<table>
<thead>
<tr>
<th>Talent stage</th>
<th>Abilities</th>
<th>Why?</th>
<th>Interest</th>
<th>Effort</th>
<th>Hours/week</th>
<th>Months/year</th>
<th>Pace</th>
<th>Performance</th>
<th>Injury</th>
<th>Parent support</th>
<th>Quit?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior</td>
<td>I Basic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>II Advanced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>III Pre-elite</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Senior</td>
<td>I Basic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>II Advanced</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>III Pre-elite</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>IV Elite</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q 5 Complete Table 4 below recalling your experiences of being coached during each of the relevant levels.

**Columns A, B and C**

A Coaches play a critical role in developing an athlete. Place an ‘X’ next to any of the levels where you felt coaching played a **critical and highly influential role** in your development as an athlete. Then, place an asterisk next to only one ‘X’ (e.g. X*) where you would consider the coaching experience to be of **most** critical importance in your development.

B/C What did you feel was the **most** important quality of the coach that enabled you to progress (column B)? Record the **second most** important reason in column C. Use the scale below.

1 = The coach didn’t contribute much to my improvement.
2 = The ability to motivate or encourage.
3 = A confident and relaxed style of coaching.
4 = A strong insistence on perfection.
5 = Teaching ability.
6 = Detailed knowledge of the sport.
7 = Stressing balance between life skills and sporting skills.
8 = An understanding of competition demands.
9 = The coach took a personal interest in me
10 = Other quality (please explain and indicate the level concerned):

<table>
<thead>
<tr>
<th>Talent stage</th>
<th>A: Critical coaching experience</th>
<th>B: First quality</th>
<th>C: Second quality</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Junior</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I Basic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>II Advanced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>III Pre-elite</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Senior</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I Basic</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>II Advanced</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>III Pre-elite</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IV Elite</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q 6  **Chance factors** (e.g., good or bad luck) can play an important role in the talent development of some athletes. Is it your case? For example, having a teacher at your school with special interests in YOUR sport might be considered to be a stroke of good luck. On the other hand being hit by a car on the way to training is certainly bad luck. If you have in mind chance events that influenced your progress, please fill in Table 5 on this page.

**Note.** Mention only the chance events that influenced your athletic development. If there are no chance events that influenced your talent development, place a hyphen (-) in Table 5.

**Columns A, B, C and D**

A  The level (0 to IV) when that event happened.

B  What type of chance event?
   G = good luck; B = bad luck

C  Briefly describe the chance event.

D  How big an impact did that event have on your talent development?
   1 = A modest impact
   2 = A sizeable impact
   3 = A major impact

**TABLE 5**

<table>
<thead>
<tr>
<th>Chance event</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Level</td>
<td>G/B</td>
<td>Description</td>
<td>Impact</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Office use only

#G #B 1 2 3
Q 7  Read carefully the 12 factors below.

1 Quality of coaching  8 Effort and perseverance
2 Mature personality  9 Physical characteristics (height, weight, etc.)
3 Amount of practice  10 Love of sports
4 Family financial support  11 Natural abilities (strength, speed, etc.)
5 Other financial support  12 Chance factors
6 Training facilities  13 Self-belief
7 Family encouragement

a) Which of these factors contributed most to your progress during both Level I and your current level?

<table>
<thead>
<tr>
<th>Level I</th>
<th>MOST important</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your current level</th>
<th>MOST important</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

b) Did any of these factors become a significant obstacle to your progress during your talent development (e.g., bad coaching, lack of practice, lack of natural ability)?

<table>
<thead>
<tr>
<th>Level I</th>
<th>OBSTACLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your current level</th>
<th>OBSTACLE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q 8  What were the main reasons for your motivation to continue with YOUR sport? Choose only one or two reasons. If you choose two, name the most important reason first (e.g. 3|6).

1 = It happened automatically. It was not a conscious decision.
2 = I felt I had high natural abilities for that sport.
3 = I loved practicing that sport.
4 = I loved the feeling of winning.
5 = I bowed to outside pressures (e.g., family, coach).
6 = I wanted to be with friend(s).
7 = I wanted to prove something to myself.
8 = I was dreaming of becoming famous.
9 = I was dreaming of becoming rich.
10 = I wanted to keep improving.
11 = Other reason (please explain and indicate the appropriate level):

<table>
<thead>
<tr>
<th>Level I</th>
<th>MOTIVATION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Your current level</th>
<th>MOTIVATION</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PART C — Stepping up to senior competition

Please read all questions and only answer those that are applicable to you
(insert a hyphen if not applicable).

Q 9 Have you ever participated in a junior world championships (or equivalent) in YOUR sport? Mark with an ‘X’.

No ☐ ⇒ If ‘No’ go to Question 12.

Yes ☐ ⇒ If ‘Yes,’ complete Questions 9 to 11.

a) Please list how many junior world championships you have participated in.

Total number of junior world championships ☐

b) Please indicate your best junior world championships competition result.

1 > Top 20 ☐ 2 Top 20 ☐ 3 Top 10 ☐ 4 Medal ☐ 5 First place ☐

c) What did it cost you personally to compete at the junior world championships (this means what were your total ‘out-of-pocket’ expenses)?

1 = < $500 ☐ 2 = $500 to $900 ☐ 3 = $1,000 to $2,900 ☐ 4 = $3,000 to $4,900 ☐ 5 = $5,000+ ☐

Q 10 Which of the following list of junior world championships experiences were of direct benefit to your overall development as an athlete? Use the scale below to indicate the perceived level of benefit.

1 = Of no benefit at all
2 = Of some minor benefit
3 = Quite beneficial
4 = Very beneficial

a) Being exposed to the best international competition ☐

b) Learning to cope and adjust with living and travelling overseas ☐

c) Being exposed to greater competition pressures ☐

d) Being forced to provide a supreme effort at a single event ☐

e) Having the chance to observe a wider range of competitors’ skills/abilities ☐

f) Other benefit (please specify) ___________________________ ☐
Q 11 Looking back at your junior world championships involvement, use the scale below to indicate the overall effect this had on your development as an athlete.

1 = Made no effect at all  
2 = A minor effect  
3 = An important effect  
4 = It was a very large effect

a) Reinforced my beliefs in my own capabilities  
b) Reinforced my belief in my coach/es  
c) Developed a hunger for competing at higher levels  
d) Developed contacts/friends  
e) Learned to live in a team/camp environment  
f) Helped elevate my sporting profile within Australia  
g) Helped attract sponsorship interest  
h) Made me appreciate what it takes to be the best  
i) The realisation of achieving a short term goal  
j) Other (please specify) ________________________________

Q 12 Have you made the transition from national junior representative to national senior representative? Mark with an ‘X’.

No  ⇒ If ‘No’ go to Question 13 (Part E).

Yes  ⇒ If ‘Yes,’ complete Question 12.

a) If ‘Yes’, how many years did it take you to make the transition from representing Australia as a Junior athlete for the first time, to representing Australia as a senior athlete for the first time?

Your answer: _____ years

b) Indicate the degree of difficulty for this junior to senior transition using the following scale.

1 = Not difficult at all  
2 = A bit difficult  
3 = Quite difficult  
4 = Very difficult

Your answer: _____
c) From the list of potential **transition obstacles**, use the scale below to indicate how each of them have impacted on your transition from national junior to national senior athlete.

1 = Not an obstacle for me  
2 = A minor obstacle  
3 = A major obstacle

**Potential obstacles to a smooth transition from elite junior to elite senior athlete:**

- a) Feeling satisfied that I had already ‘made-it’ as an athlete (complacency)
- b) Repeated injuries and illness
- c) Being confronted with social distractions
- d) Lack of access to quality coaching, support services and training facilities
- e) Experiencing a shift of focus from sports to a professional career
- f) Feeling impatient to make the junior/senior transition
- g) Self-doubts about my physical and physiological attributes
- h) Doubts about my ability to address areas of weakness
- i) Self-doubts about my skill/technical abilities for your sport
- j) Feeling that I lacked support from national coaching staff
- k) Adjustment problems to regular national and international travel
- l) Feeling less committed and motivated for my sport
- m) Failing to re-set goals
- n) I was unable to experience a sufficient standard of competition
- o) Money
- p) Other problem (describe): _____________________________________________
PART E — General questions

Q 13a When you dream of your future in sports, what is the highest senior achievement level you dream of? (Write your number selection in the box.)

1 = State representation (Level III)
2 = Representing Australia (Level IV)
3 = Olympic selection/World Championships selection
4 = Olympic medal/World championship medal
5 = Olympic gold/World Championship gold
6 = Being a full-time professional athlete
7 = The greatest ever athlete in the history of my sport

Your answer: 

b) How old were you when you first had this dream? Age: 

c) On a scale of 1 to 10 (10 = already achieved), what do you think are your chances of achieving your dream?

I have already achieved my dream
Likely chance of achieving my dream (1–10)

Q 14 Are you passionate about YOUR sport? A passion is among the most important things in your life, something you feel you couldn’t live without, something you would be willing to sacrifice a lot to keep doing. (Write your number selection in the box).

1 = Yes, I am definitely passionate about my sport.
2 = No, but sport is still VERY important in my life.
3 = Definitely NO — sport is one interest among others.

Your answer: 

If you chose ‘Yes,’ how early did you become aware of your passion for sports? Age: 

Q 15 How would you compare your current involvement in sports with your academic (school and career) activities?

1 = My school/career is much more important than sports.
2 = My school/career is a bit more important than sports.
3 = Both are equally important.
4 = Sports is a bit more important than school/career activities.
5 = Sports is much more important than school/career activities.

Your answer: 
Q 16  **Compared to athletes you train/compete with now**, how much do you possess the various qualities listed below? Use the scale provided for your answers.

1 = Much less than average  
2 = A bit less than average  
3 = About average  
4 = A bit more than average  
5 = Much more than average

a) Having the patience to practice again and again the same skills

b) Showing perseverance and determination when facing obstacles

c) Being autonomous (organising your schedule of activities by yourself)

d) Being competitive (having a strong desire to win)

e) Being a good loser

f) Being able to react positively to criticism

g) Getting along well with team members

h) Showing resilience (bouncing back easily after a major failure)

i) Tolerating the pressure during a competition

j) Remaining totally focused during practice or competition

k) Being a perfectionist (never totally satisfied with your performance)

l) Being a ‘coachable’ athlete (responds to coaching instructions and advice)

Q 17  During your Level 0 (before you moved to Level I for the first time), did you or anyone else notice that you possessed **outstanding** talent for sports (= well above children your age)? Mark with an ‘X’.

No   If ‘No,’ go to Question 18 (Part F).

Yes  If ‘Yes,’ complete Question 17.

a) If ‘Yes,’ indicate how you first became aware of this outstanding talent.

1 = I noticed this myself  
2 = It was noticed by my parents  
3 = It was noticed by other family members (brother/sister, uncle/aunt, etc)  
4 = It was noticed by school personnel (teacher/coach)  
5 = It was noticed by other children

Your answer: 
### b) Which natural abilities did you demonstrate? (Mark with an ‘X’ all that apply.)

- a) Speed
- b) Physical strength
- c) Endurance
- d) Flexibility
- e) Reflexes
- f) ‘Sense of the game’
- g) Coordination
- h) Leadership
- i) Mental strength
- j) Other (please specify):
PART F — Sociodemographic questions

About yourself

Q 18  Your gender: Male  Female

Q 19  a) Your age?  years old  b) The month of your birthday?

Q 20  Were you born outside of Australia?

No  ⇒ If ‘No,’ go to Question 21.
Yes  ⇒ If ‘Yes,’ complete Question 20.

If ‘Yes’, indicate your age when you immigrated to Australia, and the country you emigrated from.

a) Age when immigrated  
b) Country you emigrated from

Q 21  Were either of your parents born outside of Australia?

No  ⇒ If ‘No,’ go to Question 22.
Yes  ⇒ If ‘Yes,’ complete Question 21.

If ‘Yes’ do they live in Australia?

No  ⇒ If ‘No,’ go to Question 22.
Yes  ⇒ If ‘Yes,’ continue with Question 21.

If ‘Yes’ indicate how old they were when they immigrated to Australia, and the country they emigrated from.

a) Mother  Age when immigrated  Country she emigrated from

b) Father  Age when immigrated  Country he emigrated from

Q 22  What is your current occupational status? (Please fill out all three options!)

a) Full-time student?  Yes  No  If part-time, what percentage of your time:  %

b) Full-time job?  Yes  No  If part-time, what percentage of your time:  %

c) Full-time athlete?  Yes  No  If part-time, what percentage of your time:  %
Q 23  Using the scale below, indicate the size of the place(s) where you have mostly lived:

<table>
<thead>
<tr>
<th>Scale</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Metropolis (more than 500,000)</td>
</tr>
<tr>
<td>2</td>
<td>Large city (100,000 to 500,000)</td>
</tr>
<tr>
<td>3</td>
<td>Large town (25,000 to 100,000)</td>
</tr>
<tr>
<td>4</td>
<td>Small town (5,000 to 25,000)</td>
</tr>
<tr>
<td>5</td>
<td>Rural area (less than 5,000)</td>
</tr>
<tr>
<td>6</td>
<td>Not applicable</td>
</tr>
</tbody>
</table>

a) Before going to primary school  
b) During primary school  
c) During secondary school  
d) During Level 0 of YOUR sport  
e) During junior Level I of YOUR sport  
f) During junior Level II of YOUR sport  
g) During junior Level III of YOUR sport  
h) During Level IV of YOUR sport

Q 24  The highest education certificate you have completed? (Mark an ‘X’ in the box.)

a) Year 10  d) TAFE certificate  
b) Year 12  e) Bachelor degree  
c) Technical  f) Graduate degree

Q 25  What would you consider to be your usual academic performances? Use the scale provided.  
1 = Usually among the bottom 10% of my class  
2 = Usually among the next 20% (below average)  
3 = Usually among the middle 40% of the class  
4 = Usually among the next 20% (above average)  
5 = Usually among the top 10% of my class  
6 = Not applicable  
a) In primary school?  b) In high school?  c) In college/university?
Q 26 What would you (or did you) consider to be your interest for schooling?

1 = Much lower than my interest for sports.
2 = Somewhat lower than my interest for sports.
3 = About the same as my interest for sports.
4 = Somewhat higher than my interest for sports.
5 = Much higher than my interest for sports.
6 = Not applicable

a) In primary school? □  b) In high school? □  c) In college/university? □

Q 27 What is the current gross combined annual income of your parents?

1 Below $10,000 AUS □
2 $10,000 to 19,000 AUS □
3 $20,000 to 39,000 AUS □
4 $40,000 to 59,000 AUS □
5 $60,000 to 79,000 AUS □
6 $80,000 AUS or more □

Q 28 Using the scale below, indicate to what extent your parents were involved in the following behaviours when you entered Level I for the first time.

1 = Not at all/never  4 = Often
2 = Rarely  5 = Almost all the time
3 = Occasionally  6 = Not applicable

Your Level I

a) Transportation to competition/practice □
b) Being present at competition/practice □
c) Participating in training/practising with you □
d) Directly coaching you □
e) Financial help □
f) Emotional support □
About your father

If your father is deceased, mark an ‘X’ in the box at right and go to Question 31.

Q 29   a) His age:    years old.   b) His field of occupation:

Q 30   What is his current occupational status? (Mark an ‘X’ in the box.)

Full time:    Part time:    Unemployed:    Retired:    Homemaker:

Q 31   The **highest** education certificate he **completed**? (Mark an ‘X’ in the box.)

a) Year 10    d) TAFE Certificate
b) Year 12    e) Bachelor degree
c) Technical    f) Graduate degree

Q 32   Did he ever participate in competitive sports?

No    ⇒ If ‘No,’ go to Question 33.

Yes    ⇒ If ‘Yes,’ complete Question 32.

If ‘Yes,’ identify his two major sports, and the **highest** competition level (I to IV) attained in each. Tick at right if he is still competing in that sport.

1)    Highest level:    Still competing?
2)    Highest level:    Still competing?

Q 33   On a ‘sports interest’ scale of 1 to 10 (1 = no interest in sports whatsoever; 10 = absolute fanatical interest in all sports), to the best of your knowledge how would you rate your father’s interest for sports?

Father’s interest for sports (1–10)
About your mother

If your mother is deceased, mark an ‘X’ in the box at right and go to Question 36. □

Q 34 a) Her age: □ years old. b) Her field of occupation: □

Q 35 Her current occupational status? (Mark an ‘X’ in the box.)

Full time: □ Part time: □ Unemployed: □ Retired: □ Homemaker: □

Q 36 The **highest** education certificate she **completed**? (Mark an ‘X’ in the box.)

a) Year 10 □ d) TAFE Certificate □
b) Year 12 □ e) Bachelor degree □
c) Technical □ f) Graduate degree □

Q 37 Did she ever participate in competitive sports?

No □ ⇒ If ‘No,’ go to Question 38.

Yes □ ⇒ If ‘Yes,’ complete Question 37.

If ‘Yes,’ identify her two major sports, and the **highest** competition Level (I to IV) attained in each. Tick at right if she is still competing in that sport.

1) □ Highest level: □ Still competing? □

2) □ Highest level: □ Still competing? □

Q 38 On a ‘sports interest’ scale of 1 to 10 (1 = no interest in sports whatsoever; 10 = absolute fanatical interest in all sports), to the best of your knowledge how would you rate your mother’s interest for sports?

Mother’s interest for sports (1–10) □
**About your brothers and sisters (siblings)**

**Q 39** Do you have any brothers and/or sisters?

- **No** ☐ ⇒ If ‘No,’ go to **Question 40.**
- **Yes** ☐ ⇒ If ‘Yes,’ complete **Question 39.**

If ‘Yes’ please complete Table 6 (on this page) using the column descriptions below:

**Sibling ID** — Please place the **eldest first,** then any others in decreasing age.

**Columns A, B, C …**
- **A** Age of sibling
- **B** Gender (M or F) of sibling
- **C** Has he/she been involved in competitive sports (Level I or higher)? Write ‘Yes’/‘No’. If ‘Yes’:
- **D** Indicate his/her **main** sport where he/she achieved their highest level of performance.
- **E** Indicate highest competition level (I to IV) attained in sport named in column D.
- **F** Is he/she still competing actively in that sport? Yes/No
- **G** Is he/she working towards higher achievement in sports? Yes/No

<table>
<thead>
<tr>
<th>Sibling ID</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Age</td>
<td>M/F</td>
<td>Comp sport?</td>
<td>Main sport</td>
<td>Level</td>
<td>Current?</td>
<td>Achieve higher?</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q 40  What was your level of motivation to fill out this survey?

High: [ ]  Medium: [ ]  Low: [ ]

If you have any comments, please write them down here:
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

END OF SURVEY

Please make sure you answered all the questions that are relevant for you. Return the completed survey to your coach as soon as possible. Alternatively, post the survey directly to the researchers using the reply paid address provided (no stamp required).

Reply Paid 63
Jason Gulbin PhD
PO Box 176
Belconnen ACT 2616
AUSTRALIA

Thank you very much for taking the time to complete this survey and contributing your valuable thoughts and experiences to this project.

A final copy of the findings of this survey will be available in June 2003.

May you have continued success!!