

## My Personal Sport Biography

1. What is your earliest memory about your experience with sports? How old were you? Was it a good memory or a bad memory?
2. What is the most memorable experience you have had in sports? Was it positive or negative? How old were you? Explain why.
3. Has anything changed how you view sport in general? Is so, what caused the change? When did it happen?
4. How have your parents influenced your experiences in sport? Have they been positive and supportive, or have they been overly involved and oppressive?
5. Who was your favorite coach? Why? How old were you at the time?
6. Who was your least favorite coach? Why? How old were you at the time?
7. How do you feel about coaches in general?
8. How do you feel about your current involvement in sports? Why?
9. How do you feel about the role of sport in society today? Why?

10. Why do you participate in sports? What do you get out of it?

11. If you have quit playing, why did you quit?

12. Why do kids you know quit playing sports?

13. What are the positive benefits of participating in sports? What are three values or characteristics you got out of sports.

14. What are the negative aspects of participating in sports?

15. Describe at least three people who have had the greatest influence on your involvement in sports. These could be either positive or negative experiences. Why do you feel this way about them?

## **Your Sports Biography**

Write a brief biography about your involvement in sports. For example, are you still an athlete? Are you a former athlete? Did you play in high school, college, the professional ranks? Are you a coach, teacher, youth sports program director. If you are a parent, what is your involvement and what are your expectations for your children?