

## **Profile of an Olympian OUTLINE**

- I. Beginnings
  - A. Where are you from? When were you born?
  - B. Were there any early indicators to show you might be good at this thing one day?
    - 1. Did your family do it?
  - C. What made you start practicing this thing?
    - 1. When did you know you wanted to keep doing it?
- II. Struggles
  - A. What was a situation that made it hard to keep practicing this activity?
    - 1. Were you injured?
    - 2. Did you get tired of it?
    - 3. Did your family/friends get tired of it?
    - 4. Did it ever get in the way of school/other activities?
  - B. How did you overcome that struggle?
    - 1. Who helped you through that struggle?
- III. Accomplishments
  - A. What are you most proud of doing in your time with this activity?
    - 1. A showcase/tournament/contest/recital?
    - 2. Making someone laugh/smile/cry?
  - B. How did you do the thing you are proud of?
  - C. What happened afterwards?
- IV. What are you currently working towards?
  - A. Where would you like to be with this activity in 1 year? 5 years? 10 years?
  - B. If someone asked you what your future goals were, what would you say to them?