



## Rocket Man Pole Vaulting Questionnaire

for your athlete profile on the website

name \_\_\_\_\_ age \_\_\_\_\_ today's date \_\_\_\_\_

school and grade \_\_\_\_\_

Please answer 4 or 5 (or more!) of your favorites from among the following questions:

why pole vault?

when did you begin pv?

who is/are your hero/s?

what is the best advice you were ever given (pv related or not)?

what is your long-term goal in pv and what will you do to reach that goal?

what is your biggest mental challenge in pv?

what has been the biggest sacrifice since becoming a vaulter?

what do you feel is the single most important aspect of training for *you* ?

what other activity or sport do you participate in?

favorite book/movie

top 5 priorities in your life

best and worst memories since you've been pole vaulting

proudest moment in pv

what's your nutrition advice or go-to breakfast/meal?

what's your superstition? do you have a pre-competition ritual associated with your superstition?

anything you'd like to add?