

Chart 1 – Development of performance in main sport

Stage.	Year/ Season	Age	Level of representation	Accomplishments	Sessions per week	Hrs per week	Months per year	Main emphasis for participation	Injury / Illness	Time off	Sport Science / Sport Medicine
<i>E.g. 1</i>	<i>1</i>	<i>6</i>	<i>Club</i>	<i>Club Champion Level 1</i>	<i>2</i>	<i>4</i>	<i>10</i>	<i>Enjoyment</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>

Section 2 – Development of relevant practice activities in main sport

The following section relates to the types of practice activities your athlete engaged in, the number of hours spent practicing per week, and the number of months per year they were training for **each** of these activities. This will be done for **each** of the years you previously identified.

<Interviewer produces Chart 2 - Development of relevant practice activities in main sport>

<Interviewer completes the age and stage columns in accordance to information given in Chart 1 – Development of performance in main sport>

Please list all of the sport specific activities that your athlete participated in during each of the years that you coached them. The activities to be listed should encompass both competitive season and off-season.


<Fill in activities>

Now that you have listed all of the activities your athlete participated in at each stage, I would like you, if possible, to categorise these activities in accordance to the following list:

1. **Supervised group practice** - Any practice activities that were completed as part of a team / group, during which a coach was present. E.g. Team practice.
2. **Supervised individual practice** - Any practice activities that were completed one-on-one with a coach, but no other team mates. E.g. Private lessons.
3. **Unsupervised individual practice** - Any practice activities that your athlete completed on their own, without direct coach supervision, that they undertook with the aim of performance improvement. E.g. Shooting baskets.
4. **Organised competition** - Any formal competitive activities or games in which your athlete competed against other teams / athletes. E.g. Interclub tournament.
5. **Unsupervised play** - Any unstructured, informal, playful activities resembling your athlete's main sport that they engaged in either on their own or as part of a group, during which the emphasis was on enjoyment rather than performance improvement. E.g. Pick-up basketball.
6. **Indirect involvement** - Any passive activities relating to your athlete's main sport that they engaged in either on their own or as part of a group. E.g. Watching their sport on TV, reading books about their sport.

<Fill in category>

<If they have not talked about all of the categories then the following questions should be asked about the categories they did not mention. These should then be added to the chart>

 Is there any time that your athlete participated in supervised group practice? If so, what were these activities?

Is there any time that your athlete participated in supervised individual practice? If so, what were these activities?

Is there any time when your athlete participated in unsupervised individual practice? If so, what were these activities?

Is there any time that your athlete participated in organised competition? If so, what were these activities?

Is there any time that your athlete participated in unsupervised play? If so, what were the activities?

Is there any time when your athlete was indirectly involved in their sport? If so, what were these activities?

Next, please indicate how many sessions per week and hours per week your athlete participated in this particular activity.

<Fill in sessions per week and hours per week>

Please indicate the number of months per year that your athlete engaged in each activity.

<Fill in months per year>

This completes the second component of the interview procedure. Thank you for your time and patience in filling out each of the charts.

Chart 2 – Development of relevant practice activities in main sport

[illegible]

Appendix G.

The Developmental History of Athletes Questionnaire (Paper Conversion of Updated, Online Version)

Section 1 of 10: Demographic Information

To begin we would like to ask a few **questions about yourself**.

Are you male or female?

- ☐ Male
☐ Female

What is your date of birth?

Day Month Year

In which country have you resided for the majority of your life?

What is the highest level of education that you have completed?

- ☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:

Section 2 of 10: Your Sporting Career

Next we would like to ask some general **questions about your career in your main sport**.

What sport do you presently consider to be your main sport?

The majority of the remaining questions will relate to the main sport that you have identified above. If you participate in more than one sport, please complete the remaining questions as they relate to the sport you have identified above.

For your main sport, what is the highest level of competition that you have participated at?

- ☐ No competition - Recreational involvement only (at the junior level)
- ☐ No competition - Recreational involvement only (at the senior / open level)
- ☐ No competition - Recreational involvement only (at the masters level)
- ☐ Competition against others within the local area (at the junior level)
- ☐ Competition against others within the local area (at the senior / open level)
- ☐ Competition against others within the local area (at the masters level)
- ☐ Competition against others within the state / province (at the junior level)
- ☐ Competition against others within the state / province (at the senior / open level)
- ☐ Competition against others within the state / province (at the masters level)
- ☐ Competition against others from across the country (at the junior level)
- ☐ Competition against others from across the country (at the senior / open level)
- ☐ Competition against others from across the country (at the masters level)
- ☐ Competition against others from different countries (at the junior level)
- ☐ Competition against others from different countries (at the senior / open level)
- ☐ Competition against others from different countries (at the masters level)
- ☐ Other – Please specify: _____

For your main sport, do you feel that you have reached the peak of your career?

- ☐ Yes
 - If yes: At what age did you reach the peak of your career? _____
 - If yes: Are you still participating in practice activities for your main sport?
 - ☐ Yes
 - ☐ No
 - If no: At what age did you cease participation in practice activities for your main sport? _____
 - If yes: Are you still participating in competition activities (at any level) for your main sport?
 - ☐ Yes
 - ☐ No
 - If no: At what age did you cease participation in competition (at any level) for your main sport? _____
- ☐ No
 - If no: At what age do you predict that you might reach the peak of your career? _____
 - If no: What is the highest level of competition that you predict you will participate at?
 - ☐ No competition - Recreational involvement only (at the junior level)
 - ☐ No competition - Recreational involvement only (at the senior / open level)
 - ☐ No competition - Recreational involvement only (at the masters level)
 - ☐ Competition against others within the local area (at the junior level)
 - ☐ Competition against others within the local area (at the senior / open level)
 - ☐ Competition against others within the local area (at the masters level)
 - ☐ Competition against others within the state / province (at the junior level)
 - ☐ Competition against others within the state / province (at the senior / open level)
 - ☐ Competition against others within the state / province (at the masters level)
 - ☐ Competition against others from across the country (at the junior level)
 - ☐ Competition against others from across the country (at the senior / open level)
 - ☐ Competition against others from across the country (at the masters level)
 - ☐ Competition against others from different countries (at the junior level)
 - ☐ Competition against others from different countries (at the senior / open level)
 - ☐ Competition against others from different countries (at the masters level)
 - ☐ Other – Please specify: _____

Section 3 of 10: Sporting Milestones

Now we would like to ask about your career progression in your main sport. The following section relates to the **ages at which you reached various sporting milestones.**

Thinking specifically about your involvement in your main sport, at what age did you reach the following sporting milestones?

	<i>Age when reached this milestone</i>	<i>This milestone is not applicable to me</i>	<i>This milestone is not applicable to my sport</i>
First participated in your main sport (in any format)		<input type="checkbox"/>	<input type="checkbox"/>
First participated in regular supervised practice for your main sport (i.e. practice with a coach)		<input type="checkbox"/>	<input type="checkbox"/>
First participated in regular unsupervised practice for your main sport (i.e. practice without a coach)		<input type="checkbox"/>	<input type="checkbox"/>
First participated in non-sport specific training (e.g. physical conditioning, weights, pilates etc.)		<input type="checkbox"/>	<input type="checkbox"/>
First participated in off-season or year-round training for your main sport		<input type="checkbox"/>	<input type="checkbox"/>
Stopped involvement in all other sports to concentrate on your main sport		<input type="checkbox"/>	<input type="checkbox"/>
The idea of becoming an elite athlete first emerged		<input type="checkbox"/>	<input type="checkbox"/>
Made a conscious decision to become an elite athlete		<input type="checkbox"/>	<input type="checkbox"/>
All of your leisure time began being spent on activities relating to your main sport		<input type="checkbox"/>	<input type="checkbox"/>
Moved house for reasons relating to your main sport		<input type="checkbox"/>	<input type="checkbox"/>
Established a close and extended relationship with a coach for your main sport		<input type="checkbox"/>	<input type="checkbox"/>

(THE FOLLOWING TWO PAGES WERE PRESENTED FOR INDIVIDUAL SPORT ATHLETES)

The following question relates to your involvement in your main sport at the **junior** levels of competition.

Junior age group categories can vary from sport to sport. When answering this question please think about your participation in all competitions that would be classified as junior level competition according to the rules of your main sport.

Any competition involving participation against adults is classified as senior / open competition and should not be considered when answering the following question.

Thinking specifically about your involvement in junior competition for your main sport, at what age did you reach the following competition milestones?

Please provide a response to each item for all of the different levels of junior competition indicated.

	Competition against others within the <u>local</u> <u>area</u>	Competition against others within the <u>state /</u> <u>province</u>	Competition against others from <u>across the</u> <u>country</u>	Competition against others from <u>different</u> <u>countries</u>
First participation at this level of competition	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to make competition finals	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to place in the top 3 at competitions	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to place first at competitions	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport

The following question relates to your involvement in your main sport at the **senior / open** levels of competition.

Senior / open competition refers to adult competition. In some sports for reasons relating to safety, a lower age limit may apply, however in the majority of cases senior / open competitions are free of age restrictions, allowing junior athletes to participate in senior / open competition events. Any competition involving participation against adults is classified as senior / open competition.

Thinking specifically about your involvement in senior / open competition for your main sport, at what age did you reach the following competition milestones?

Please provide a response to each item for all of the different levels of senior / open competition indicated.

	Competition against others within the <u>local</u> <u>area</u>	Competition against others within the <u>state /</u> <u>province</u>	Competition against others from <u>across the</u> <u>country</u>	Competition against others from <u>different</u> <u>countries</u>
First participation at this level of competition	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to make competition finals	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to place in the top 3 at competitions	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First started to place first at competitions	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport

(THE FOLLOWING TWO PAGES WERE PRESENTED FOR TEAM SPORT ATHLETES)

The following question relates to your involvement in your main sport at the **junior** levels of competition. Junior age group categories can vary from sport to sport. When answering this question please think about your participation in all competitions that would be classified as junior level competition according to the rules of your main sport.

Any competition involving participation against adults is classified as senior/open competition and should not be considered when answering the following question.

Thinking specifically about your involvement in junior competition for your main sport, at what age did you reach the following competition milestones?

Please provide a response to each item for all of the different levels of junior competition indicated.

	Competition against others within the <u>local</u> <u>area</u>	Competition against others within the <u>state /</u> <u>province</u>	Competition against others from <u>across the</u> <u>country</u>	Competition against others from <u>different</u> <u>countries</u>
First participation on a team at this level of competition	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became a regular starting player on a team (i.e. a player who regularly begins the competition / match on the playing surface and receives regular playing time)	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became one of the top 5 players on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became the best player for my position on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became the best player overall on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport

The following question relates to your involvement in your main sport at the **senior / open** levels of competition.

Senior / open competition refers to adult competition. In some sports for reasons relating to safety, a lower age limit may apply, however in the majority of cases senior / open competitions are free of age restrictions, allowing junior athletes to participate in senior / open competition events. Any competition involving participation against adults is classified as senior / open competition.

Thinking specifically about your involvement in senior / open competition for your main sport, at what age did you reach the following competition milestones?

Please provide a response to each item for all of the different levels of senior / open competition indicated.

	Competition against others within the <u>local</u> <u>area</u>	Competition against others within the <u>state /</u> <u>province</u>	Competition against others from <u>across the</u> <u>country</u>	Competition against others from <u>different</u> <u>countries</u>
First participation on a team at this level of competition	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became a regular starting player on a team (i.e. a player who regularly begins the competition / match on the playing surface and receives regular playing time)	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became one of the top 5 players on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became the best player for my position on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport
First became the best player overall on a team	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport	Age: <input type="checkbox"/> Not applicable to me <input type="checkbox"/> Not applicable to my sport

Section 4 of 10: Your Competitive History

Within a single year of involvement, athletes often participate in their main sport at multiple levels of competition. Athletes also occasionally participate in more than one age group category.

For example, a 16 year-old field hockey player may play for their local club team in the 16 years and the Open age group categories, while also playing for their state / provincial team in the Under 18 age group category.

The following section relates to your **participation in the various levels of competition** across your career in your main sport, along with the **age group categories** in which you were involved.

For each of level of competition specified below, please indicate **all** of the age group categories in which you competed during each year of your participation.

More than one response is permitted in each box below, so for each level of competition and for year of your involvement in your main sport please enter **all** age group categories that you participated in.

	Competition against others within the <u>local area</u>	Competition against others within the <u>state / province</u>	Competition against others from <u>across the country</u>	Competition against others from <u>different countries</u>
<i>Example</i>	15/16 years, Under 18, Open	15/16 years, Under 18	15/16 years	N/A
Age 5				
Age 6				
Age 7				
Age 8				
Age 9				
Age 10				

	<i>Competition against others within the local area</i>	<i>Competition against others within the state / province</i>	<i>Competition against others from across the country</i>	<i>Competition against others from different countries</i>
Age 11				
Age 12				
Age 13				
Age 14				
Age 15				
Age 16				
Age 17				
Age 18				
Age 19				
Age 20				
Age 21				
Age 22				
Age 23				

	<i>Competition against others within the local area</i>	<i>Competition against others within the state / province</i>	<i>Competition against others from across the country</i>	<i>Competition against others from different countries</i>
Age 24				
Age 25				
Age 26				
Age 27				
Age 28				
Age 29				
Age 30				
Age 31				
Age 32				
Age 33				
Age 34				
Age 35				

Section 5 of 10: Your Practice History

We would now like to ask about your practice history for your main sport. The following section takes a detailed look into the **amount of practice** and the **types of practice** activities that you have engaged in throughout your career in your main sport to date.

The next set of questions will address your participation in:

1. **Sport specific physical practice**
2. **Physical preparation** (e.g. strength and conditioning, weights, fitness, pilates, yoga, flexibility)
3. **Mental preparation** (e.g. working with a psychologist, video analysis / review, reading about your sport, talking about your sport, searching the internet for news and results)
4. **Informal play** involving activities relating to your main sport (e.g. pick-up basketball, street hockey, swimming in the backyard pool)
5. **Training camps**

First, we would like to ask about your participation in **sport specific physical practice** for your main sport.

Sport specific physical practice includes those **activities that directly resemble the technical and/or tactical demands associated with your main sport**. These activities require physical effort as well as concentration, and are aimed directly at improving performance.

Please note that sport specific physical practice **does not include:**

- Non-sport specific physical preparation activities such as strength and conditioning, weights, fitness, yoga, pilates, or flexibility.
- Informal playful games relating to your main sport that you engage in for fun with friends and family such as pick-up basketball, street hockey, or swimming in the backyard pool.

Your involvement in these activities will be discussed in a moment.

There are four conditions in which sport specific physical practice can take place:

1. A **coach is present** at the training venue providing supervision to **you and 1 or more other athletes**.
2. A **coach is present** at the training venue providing **one-on-one** supervision to you and only you in an individual practice session.
3. **No coach** is present to provide supervision but **you and 1 or more other athletes** are practicing together.
4. **No coach** is present to provide supervision, no-one else is practicing with you, but you are practicing **on your own**.

The next questions relate to your participation in sport specific physical practice under each of the four conditions described above. **Please consider your involvement in each of the four practice conditions separately.**

During each year of your participation in **sport specific physical practice** for your main sport, please indicate how many hours per week (on average) you engaged in this type of activity within the four conditions outlined below, and for how many months of the year.

	<i>A coach is present at the training venue providing supervision to you and 1 or more other athletes</i>		<i>A coach is present at the training venue providing one-on-one supervision to you and only you in an individual practice session</i>		<i>No coach is present to provide supervision but you and 1 or more other athletes are practicing together</i>		<i>No coach is present to provide supervision, no-one else is practicing with you, but you are practicing on your own</i>	
	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>
<i>Example</i>	6	10	1	10	0	0	1	12
Age 5								
Age 6								
Age 7								
Age 8								
Age 9								
Age 10								
Age 11								
Age 12								
Age 13								
Age 14								
Age 15								
Age 16								

	A <u>coach is present</u> at the training venue providing supervision to <u>you and 1 or more other athletes</u>		A <u>coach is present</u> at the training venue providing <u>one-on-one</u> supervision to you and only you in an individual practice session		<u>No coach</u> is present to provide supervision but <u>you and 1 or more other athletes</u> are practicing together		<u>No coach</u> is present to provide supervision, no-one else is practicing with you, but you are practicing <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 17								
Age 18								
Age 19								
Age 20								
Age 21								
Age 22								
Age 23								
Age 24								
Age 25								
Age 26								
Age 27								
Age 28								
Age 29								
Age 30								

	A <u>coach is present</u> at the training venue providing supervision to <u>you and 1 or more other athletes</u>		A <u>coach is present</u> at the training venue providing <u>one-on-one</u> supervision to you and only you in an individual practice session		<u>No coach</u> is present to provide supervision but <u>you and 1 or more other athletes</u> are practicing together		<u>No coach</u> is present to provide supervision, no-one else is practicing with you, but you are practicing <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 31								
Age 32								
Age 33								
Age 34								
Age 35								

Next, we would like to ask about your participation in **physical preparation activities** for your main sport.

Physical preparation includes all activities aimed at **improving physiological and muscular capacities** such as strength, power, endurance, and flexibility. Examples of physical preparation activities include, but are not limited to, strength and conditioning, weights, fitness, pilates, yoga, and flexibility training.

These activities are sometimes completed during sport specific physical practice sessions, however, for the following questions please refer only to your participation in physical preparation activities **completed outside of sport specific physical practice** as separate stand-alone practice sessions.

There are four conditions in which physical preparation activities can take place:

1. A **coach / specialised instructor is present** at the training venue providing supervision to **you and 1 or more other athletes**.
2. A **coach / specialised instructor is present** at the training venue providing **one-on-one** supervision to you and only you in an individual training session.
3. **No coach / specialised instructor** is present to provide supervision but **you and 1 or more other athletes** are training together.
4. **No coach / specialised instructor** is present to provide supervision, no-one else is training with you, but you are training **on your own**.

The next questions relate to your participation in physical preparation activities under each of the four conditions described above. **Please consider your involvement in each of the four training conditions separately.**

During each year of your participation in physical preparation activities for your main sport, please indicate how many hours per week (on average) you engaged in this type of activity within the four conditions outlined below, and for how many months of the year.

If you have never participated in physical preparation activities for your main sport please place a tick in the box below and continue to page 15:

☐ I have never participated in physical preparation activities for my main sport

	<u>A coach / specialised instructor is present</u> at the training venue providing supervision to <u>you and 1 or more other athletes</u>		<u>A coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> supervision to you and only you in an individual training session		<u>No coach / specialised instructor</u> is present to provide supervision but <u>you and 1 or more other athletes</u> are training together		<u>No coach / specialised instructor</u> is present to provide supervision, no-one else is training with you, but you are training <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Example	4	10	0	0	2	12	2	12
Age 5								
Age 6								
Age 7								
Age 8								
Age 9								
Age 10								
Age 11								
Age 12								
Age 13								
Age 14								

	A <u>coach / specialised instructor is present</u> at the training venue providing supervision to <u>you and 1 or more other athletes</u>		A <u>coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> supervision to you and only you in an individual training session		<u>No coach / specialised instructor</u> is present to provide supervision but <u>you and 1 or more other athletes</u> are training together		<u>No coach / specialised instructor</u> is present to provide supervision, no-one else is training with you, but you are training <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 15								
Age 16								
Age 17								
Age 18								
Age 19								
Age 20								
Age 21								
Age 22								
Age 23								
Age 24								
Age 25								
Age 26								
Age 27								

	A <u>coach / specialised instructor is present</u> at the training venue providing supervision to <u>you and 1 or more other athletes</u>		A <u>coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> supervision to you and only you in an individual training session		<u>No coach / specialised instructor</u> is present to provide supervision but <u>you and 1 or more other athletes</u> are training together		<u>No coach / specialised instructor</u> is present to provide supervision, no-one else is training with you, but you are training <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 28								
Age 29								
Age 30								
Age 31								
Age 32								
Age 33								
Age 34								
Age 35								

Now we would like to ask about your participation in **mental preparation** activities for your main sport.

Mental preparation includes all activities aimed at **improving your knowledge** of your sport, your team, and/or your opponents. Examples of mental preparation activities include, but are not limited to, working with a psychologist, video analysis / review, watching your sport live or on television, reading about your sport, surfing the internet for websites and articles about your sport, or talking about your sport with others.

These activities are sometimes completed during sport specific physical practice sessions, however, for the following questions please refer only to your participation in mental preparation activities **completed outside of sport specific physical practice** as separate stand-alone practice sessions.

There are four conditions in which mental preparation activities can take place:

1. A **coach / specialised instructor is present** at the training venue providing guidance to **you and 1 or more other athletes** as you learn.
2. A **coach / specialised instructor is present** at the training venue providing **one-on-one** guidance to you and only you in an individual session.
3. **No coach / specialised instructor** is present to provide guidance but **you and 1 or more other athletes** are learning together.
4. **No coach / specialised instructor** is present to provide guidance, no-one else is learning with you, but you are learning **on your own**.

The next questions relate to your participation in mental preparation activities under each of the four conditions described above. **Please consider your involvement in each of the four training conditions separately.**

During each year of your participation in mental preparation activities for your main sport, please indicate how many hours per week (on average) you engaged in this type of activity within the four conditions outlined below, and for how many months of the year.

If you have never participated in mental preparation activities for your main sport please place a tick in the box below and continue to page 18:

☐ I have never participated in mental preparation activities for my main sport

	<u>A coach / specialised instructor is present</u> at the training venue providing guidance to <u>you and 1 or more other athletes</u> as you learn		<u>A coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> guidance to you and only you in an individual session		<u>No coach / specialised instructor</u> is present to provide guidance but <u>you and 1 or more other athletes</u> are learning together		<u>No coach / specialised instructor</u> is present to provide guidance, no-one else is learning with you, but you are learning <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Example	2	6	1	6	0	0	3	12
Age 5								
Age 6								

	A <u>coach / specialised instructor is present</u> at the training venue providing guidance to <u>you and 1 or more other athletes</u>		A <u>coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> guidance to you and only you in an individual session		<u>No coach / specialised instructor</u> is present to provide guidance but <u>you and 1 or more other athletes</u> are learning together		<u>No coach / specialised instructor</u> is present to provide guidance, no-one else is learning with you, but you are learning <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 7								
Age 8								
Age 9								
Age 10								
Age 11								
Age 12								
Age 13								
Age 14								
Age 15								
Age 16								
Age 17								
Age 18								
Age 19								
Age 20								

	A <u>coach / specialised instructor is present</u> at the training venue providing guidance to <u>you and 1 or more other athletes</u>		A <u>coach / specialised instructor is present</u> at the training venue providing <u>one-on-one</u> guidance to you and only you in an individual session		<u>No coach / specialised instructor</u> is present to provide guidance but <u>you and 1 or more other athletes</u> are learning together		<u>No coach / specialised instructor</u> is present to provide guidance, no-one else is learning with you, but you are learning <u>on your own</u>	
	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year	Hours per week	Months per year
Age 21								
Age 22								
Age 23								
Age 24								
Age 25								
Age 26								
Age 27								
Age 28								
Age 29								
Age 30								
Age 31								
Age 32								
Age 33								
Age 34								
Age 35								

The following question relates to your participation in **informal play** involving activities relating to your main sport.

Informal play includes activities that **resemble the skills and goals of your main sport** but involve **modified rules and/or equipment**, with very little to **no formal instruction, coaching, or supervision**. The main emphasis of these activities is on fun and enjoyment rather than performance improvement.

Informal play relating to your main sport often occurs in the home, the backyard, the school yard, the local park, and/or the local streets. Examples for basketball may include pick-up basketball or shooting hoops for fun with friends. Examples for swimming may include swimming at the beach or playing in the backyard pool with your family.

Please note: These questions relate to informal play involving activities **relating to your main sport only**. Your participation in informal play involving other sporting games will be addressed elsewhere.

There are two conditions in which informal play relating to your main sport can take place:

1. **With 1 or more other people** such as your team mates, friends, or family.
2. **On your own**.

The next questions relate to your participation in informal play relating to your main sport under each of the conditions described above. **Please consider your involvement in each of the conditions of play separately.**

During each year of your participation in informal play involving activities relating to your main sport, please indicate how many hours per week (on average) you engaged in this type of activity within the two conditions outlined below, and for how many months of the year.

If you have never participated in informal play involving activities relating to your main sport please place a tick in the box below and continue to the bottom of page 20:

☐ I have never participated in play involving activities relating to my main sport

	<u>With 1 or more other people</u> such as your team mates, friends, or family		<u>On your own</u>	
	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>
<i>Example</i>	2	8	4	12
Age 5				
Age 6				
Age 7				
Age 8				

	<u>With 1 or more other people</u> such as your team mates, friends, or family		<u>On your own</u>	
	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>
Age 9				
Age 10				
Age 11				
Age 12				
Age 13				
Age 14				
Age 15				
Age 16				
Age 17				
Age 18				
Age 19				
Age 20				
Age 21				
Age 22				
Age 23				
Age 25				

	<u>With 1 or more other people</u> such as your team mates, friends, or family		<u>On your own</u>	
	<i>Hours per week</i>	<i>Months per year</i>	<i>Hours per week</i>	<i>Months per year</i>
Age 25				
Age 26				
Age 27				
Age 28				
Age 29				
Age 30				
Age 31				
Age 32				
Age 33				
Age 34				
Age 35				

The following question relates to your participation in **training camps** for your main sport.

Training camps refer to **intensive periods of training** during which your team comes together for an extended time to participate in practice activities that **exceed your regular** week to week training commitments.

Training camps can last from one weekend to several months in duration, and they are often held at a location away from your regular training venue.

Typical activities involved in a training camp include sport specific physical practice, supplementary practice activities such as physical conditioning and video review, education sessions, team building exercises, and mock competitions.

Training camps are commonly held in the pre-season training period or in the lead up to an important competition. They can also serve as a regular practice opportunity for teams who do not train together on a weekly basis.

For each year of your involvement in training camps for your main sport, please indicate how many training camps you participated in, along with the average duration of each camp.

If you have never participated in any training camps for your main sport please place a tick in the box below and continue to page 23:

☐ I have never participated in training camps for my main sport

	<i>Total number of training camps</i>	<i>Average duration of each training camp</i>
<i>Example 1</i>	3	2-4 days
<i>Example 2</i>	2	2 weeks
Age 5		
Age 6		
Age 7		
Age 8		
Age 9		
Age 10		
Age 11		
Age 12		
Age 13		
Age 14		
Age 15		
Age 16		
Age 17		

	<i>Total number of training camps</i>	<i>Average duration of each training camp</i>
Age 18		
Age 19		
Age 20		
Age 21		
Age 22		
Age 23		
Age 24		
Age 25		
Age 26		
Age 27		
Age 28		
Age 29		
Age 30		
Age 31		
Age 32		
Age 33		
Age 34		
Age 35		

Half Way There!

Well done, you have just completed Section 5 of 10. You are half way there.

Have you had any difficulties understanding or answering any of the questions you have seen so far?

- ☐ No
☐ Yes

If yes, please describe the question(s) and the difficulties you have had:

Section 6 of 10: Your Competition History

Next we would like to ask about your competition history for your main sport.

*The following section takes a detailed look into the **types of competitions** that you typically participate in for your main sport, the **number of competitions** you have participated in, and the **time** that you have invested into competitions throughout your career in your main sport to date.*

Competitions can follow many different formats. The 3 main competition formats are:

1. Regular season competitions

These include any competitions involving a series of regularly occurring matches / events over an extended period of time. Competitions are typically scheduled once a week, once every two weeks, or once a month.

2. Occasional competitions

These include any competitions that typically occur less often than once a month and last only one day in duration.

3. Tournaments

These include any competitions that typically occur less often than once a month and involve a series of matches / events held over two or more consecutive days.

The following questions relate to your participation in each of these different competition formats.

This question relates to your participation in **regular season** competitions for your main sport. As a reminder, regular season competitions involve a series of **regularly occurring matches / events** over an extended period of time. Competitions are typically scheduled **once a week, once every two weeks, or once a month**.

For each year of your involvement in your main sport, please tell us about the regular season competitions that you have participated in.

If you have never participated in regular season competitions for your main sport please place a tick in the box below and continue to page 26:

☐ I have never participated in regular season competitions for my main sport

	<i>Total number of months involved in regular season competitions</i>	<i>Average number of regular season matches / events per month</i>	<i>Average time spent at the competition venue for each match / event (hours)</i>	<i>Average time actively participating in competition during each match / event (including preparation and de-brief activities) (hours)</i>
<i>Example</i>	8	4	3	2
Age 5				
Age 6				
Age 7				
Age 8				
Age 9				
Age 10				
Age 11				
Age 12				
Age 13				
Age 14				
Age 15				
Age 16				
Age 17				

	<i>Total number of months involved in regular season competitions</i>	<i>Average number of regular season matches / events per month</i>	<i>Average time spent at the competition venue for each match / event (hours)</i>	<i>Average time actively participating in competition during each match / event (including preparation and de-brief activities) (hours)</i>
Age 18				
Age 19				
Age 20				
Age 21				
Age 22				
Age 23				
Age 24				
Age 25				
Age 26				
Age 27				
Age 28				
Age 29				
Age 30				
Age 31				
Age 32				
Age 33				
Age 34				
Age 35				

The next question relates to your participation in **occasional** competitions for your main sport. As a reminder, occasional competitions typically occur **less often than once a month** and last only **one day** in duration.

Any competitions that occur less often than once a month but involve two or more consecutive days of matches / events are considered tournaments and should not be included in this question.

For each year of your involvement in your main sport, please tell us about the occasional competitions that you have participated in.

If you have never participated in occasional competitions for your main sport please place a tick in the box below and continue to page 28:

☐ I have never participated in occasional competitions for my main sport

	<i>Total number of occasional competitions</i>	<i>Average number of matches / events that you participated in within each occasional competition</i>	<i>Average time spent at the competition venue on each day of occasional competition (hours)</i>	<i>Average time actively competing during each day of occasional competition (including preparation & debrief activities) (hours)</i>
<i>Example</i>	4	2	5	2
Age 5				
Age 6				
Age 7				
Age 8				
Age 9				
Age 10				
Age 11				
Age 12				
Age 13				
Age 14				
Age 15				
Age 16				
Age 17				

	<i>Total number of occasional competitions</i>	<i>Average number of matches / events that you participated in within each occasional competition</i>	<i>Average time spent at the competition venue on each day of occasional competition (hours)</i>	<i>Average time actively competing during each day of occasional competition (including preparation & debrief activities) (hours)</i>
Age 18				
Age 19				
Age 20				
Age 21				
Age 22				
Age 23				
Age 24				
Age 25				
Age 26				
Age 27				
Age 28				
Age 29				
Age 30				
Age 31				
Age 31				
Age 33				
Age 34				
Age 35				

The next question relates to your participation in competition **tournaments** for your main sport. As a reminder, tournaments include competitions that typically occur **less often than once a month** and involve a **series of matches / events** held over **two or more consecutive days**.

For each year of your involvement in your main sport, please tell us about the tournaments that you have participated in.

If you have never participated in a competition tournament for your main sport please place a tick in the box below and continue to page 30:

☐ I have never participated in a competition tournament for my main sport

	<i>Total number of tournaments</i>	<i>Average number of matches / events that you participated in within each tournament</i>	<i>Average time spent at the competition venue for each match / event (hours)</i>	<i>Average time actively participating in competition during each match / event (including preparation and de-brief activities) (hours)</i>
<i>Example</i>	2	6	3	1.5
Age 5				
Age 6				
Age 7				
Age 8				
Age 9				
Age 10				
Age 11				
Age 12				
Age 13				
Age 14				
Age 15				
Age 16				
Age 17				

	<i>Total number of tournaments</i>	<i>Average number of matches / events that you participated in within each tournament</i>	<i>Average time spent at the competition venue for each match / event (hours)</i>	<i>Average time actively participating in competition during each match / event (including preparation and de-brief activities) (hours)</i>
Age 18				
Age 19				
Age 20				
Age 21				
Age 22				
Age 23				
Age 24				
Age 25				
Age 26				
Age 27				
Age 28				
Age 29				
Age 30				
Age 31				
Age 32				
Age 33				
Age 34				
Age 35				

Section 7 of 10: Your Participation in Other Organised Sports

Athletes often participate in a variety of sports before choosing to specialise in their main sport.

*The following questions relate to your involvement in **organised sports other than your main sport**.*

*Organised sports include sporting activities in which you have **regular practice sessions** under the **formal supervision** of a coach or adult. They may or may not involve competitions. Participation in organised sports often requires registration with a team or a club.*

When answering the following questions about your involvement in other organised sports, please do not include sporting activities completed as part of compulsory physical education classes at school, but do include any school sporting activities in which you participated in regular, supervised practice sessions.

*Also, **please do not include the informal playful sporting games** that you engage in every now and again, for fun with your friends and family, in the back yard or local streets (such as pick-up basketball or street hockey). Your involvement in these activities will be discussed in a moment.*

*Please include all organised sports that you participated in for **at least one season or more**, but do not include your main sport.*

For each year of your involvement in all of the organised sports that you participated in, please indicate:

a) The type of sport. Please be specific as possible e.g. indoor volleyball, football–soccer, football–american, field hockey, ice hockey etc.

b) How many hours per week (on average) you were involved in all practice and competition activities relating to that sport.

c) How many months of the year you were involved in that sport.

d) The highest level of competition that you participated at for that sport. To identify the highest level of competition that you participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the box below if the highest level of competition you participated at for a particular age was "competition against others within the local area (at the senior / open level)".

If you have never participated in any other organised sports other than your main sport please place a tick in the box below and continue to page 46:

☐ I have never participated in any other organised sports other than my main sport

	Sport 1			Sport 2			Sport 3		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
<i>Example</i>	Swimming			Basketball			Artistic Gymnastics		
	4	6	8	2	5	4	3	11	1
SPORT									
Age 5									
Age 6									
Age 7									
Age 8									
Age 9									
Age 10									
Age 11									
Age 12									
Age 13									

	<i>Sport 1</i>			<i>Sport 2</i>			<i>Sport 3</i>		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
Age 14									
Age 15									
Age 16									
Age 17									
Age 18									
Age 19									
Age 20									
Age 21									
Age 22									
Age 23									
Age 24									

	<i>Sport 1</i>			<i>Sport 2</i>			<i>Sport 3</i>		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
Age 25									
Age 26									
Age 27									
Age 28									
Age 29									
Age 30									
Age 31									
Age 32									
Age 33									
Age 34									
Age 35									

	Sport 4			Sport 5			Sport 6		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
<i>Example</i>	Swimming			Basketball			Artistic Gymnastics		
	4	6	8	2	5	4	3	11	1
SPORT									
Age 5									
Age 6									
Age 7									
Age 8									
Age 9									
Age 10									
Age 11									
Age 12									
Age 13									

	<i>Sport 4</i>			<i>Sport 5</i>			<i>Sport 6</i>		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
Age 14									
Age 15									
Age 16									
Age 17									
Age 18									
Age 19									
Age 20									
Age 21									
Age 22									
Age 23									
Age 24									

	Sport 4			Sport 5			Sport 6		
	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>	<i>Hours per week</i>	<i>Months per year</i>	<i>Highest level of competition</i>
Age 25									
Age 26									
Age 27									
Age 28									
Age 29									
Age 30									
Age 31									
Age 32									
Age 33									
Age 34									
Age 35									

Section 8 of 10: Your Participation in Playful Sporting Games

Athletes also often participate in **informal playful sporting games** during their leisure time. Informal playful sporting games include activities that resemble competitive sports but involve **modified rules and/or equipment** with very little to **no formal instruction, coaching, or supervision**. The main emphasis of these activities is on fun and enjoyment rather than performance improvement.

Informal playful sporting games are often played in the backyard, the school yard, the local park, and/or the local streets. Examples include pick-up basketball, street hockey, backyard cricket, running games, and bike riding.

The following questions relate to your involvement in informal playful sporting games.

Please list all of the informal playful sporting games that you have typically participated in:

If you have never participated in any informal playful sporting games please place a tick in the box below and continue to the bottom of page 48:

☐ I have never participated in informal playful sporting games

Playful sporting game 1	
Playful sporting game 2	
Playful sporting game 3	
Playful sporting game 4	
Playful sporting game 5	
Playful sporting game 6	
Playful sporting game 7	
Playful sporting game 8	
Playful sporting game 9	
Playful sporting game 10	
Playful sporting game 11	
Playful sporting game 12	
Playful sporting game 13	
Playful sporting game 14	
Playful sporting game 15	
Playful sporting game 16	
Playful sporting game 17	
Playful sporting game 18	
Playful sporting game 19	
Playful sporting game 20	

For each age that you regularly participated in informal playful sporting games, please indicate approximately how many hours per week and months per year that you would play these games.

Please consider all informal playful sporting games together, and provide an overall number of hours representing the total time that you participated in playful sporting games of any description, during a typical week.

	<i>Hours per week</i>	<i>Months per year</i>
<i>Example</i>	2	6
Age 5		
Age 6		
Age 7		
Age 8		
Age 9		
Age 10		
Age 11		
Age 12		
Age 13		
Age 14		
Age 15		
Age 16		
Age 17		
Age 18		
Age 19		

	<i>Hours per week</i>	<i>Months per year</i>
Age 20		
Age 21		
Age 22		
Age 23		
Age 24		
Age 25		
Age 26		
Age 27		
Age 28		
Age 29		
Age 30		
Age 31		
Age 31		
Age 33		
Age 34		
Age 35		

Of all the informal playful sporting games that you listed previously, which two have you spent the most time participating in?

Most frequent playful sporting game _____

Second most frequent playful game _____

In general, what percentage of your total sporting play time would you have devoted to your participation in each of the two informal playful sporting games identified above?

For example, if you have devoted approximately half of the time that you have participated in informal playful sporting games to pick-up basketball, please enter 50%.

Please note: These values will not necessarily add up to 100%, but together they may not exceed 100%

Percentage of time devoted to your most frequent playful sporting game _____

Percentage of time devoted to your second most frequent playful game _____

Nearly Finished!

Keep going - You have nearly finished the Developmental History of Athletes Questionnaire!

That completes all of the sections relating to your own sport involvement. Before we go on to the final two sections about your family and where you have lived, we would just like to check how you are going.

Since we last asked, have you had any more difficulties understanding or answering any of the questions?

- ☐ No
☐ Yes

If yes, please describe the question(s) and the difficulties you have had:

Do you have any additional comments that you wish to make about the sections relating to your own sport involvement?

Section 9 of 10: Your Family

We would now like to ask some questions about your immediate family, and their participation in sport and physical activity.

First we would like to ask about your **biological mother**.

What is your mother's date of birth?

Day

Month

Year

In which country has your mother resided for the majority of her life?

What is the highest level of education that your mother has completed?

- ☐ Less than secondary school
- ☐ Some secondary school
- ☐ Completed secondary school
- ☐ Some post-secondary college / undergraduate university
- ☐ Completed a post-secondary college diploma / undergraduate university degree
- ☐ Some postgraduate university
- ☐ Completed a masters degree
- ☐ Completed a law / professional degree
- ☐ Completed a doctoral degree
- ☐ Other – Please specify:

How old were you when you started living with your mother?

- ☐ From when I was born
- ☐ I have never lived with my mother
- ☐ From age:

How old were you when you stopped living with your mother?

- ☐ I still live with my mother
- ☐ I have never lived with my mother
- ☐ At age:

During the time that you lived with your mother, on average, how often did she participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with my mother</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout her life, has your mother ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has your mother participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that she has participated at?

To identify the highest level of competition that your mother participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your mother participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Next we would like to ask about your **biological father**.

What is your father's date of birth?

Day	Month	Year
-----	-------	------

In which country has your father resided for the majority of his life?

What is the highest level of education that your father has completed?

- ☐ Less than secondary school
- ☐ Some secondary school
- ☐ Completed secondary school
- ☐ Some post-secondary college / undergraduate university
- ☐ Completed a post-secondary college diploma / undergraduate university degree
- ☐ Some postgraduate university
- ☐ Completed a masters degree
- ☐ Completed a law / professional degree
- ☐ Completed a doctoral degree
- ☐ Other – Please specify:

How old were you when you started living with your father?

- ☐ From when I was born
- ☐ I have never lived with my father
- ☐ From age:

How old were you when you stopped living with your father?

- ☐ I still live with my father
- ☐ I have never lived with my father
- ☐ At age:

During the time that you lived with your father, on average, how often did he participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with my father</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout his life, has your father ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has your father participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that he has participated at?

To identify the highest level of competition that your father participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your father participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Next we would like to ask about your **step-mother or female legal guardian**.

If you have never had a step-mother or female legal guardian other than your biological mother, please place a tick in the box below and continue to page 55:

- ☐ I have never had a step-mother or female legal guardian other than my biological mother

Please describe this person's relationship to you:

- ☐ Aunt
☐ Foster parent
☐ Godmother
☐ Grandmother
☐ Step-mother
☐ Other – Please specify:
-

What is this person's date of birth?

Day	Month	Year
-----	-------	------

In which country has this person resided for the majority of her life?

What is the highest level of education that this person has completed?

- ☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:
-

How old were you when you started living with this person?

- ☐ From when I was born
☐ I have never lived with this person
☐ From age:
-

How old were you when you stopped living with this person?

- ☐ I still live with this person
☐ I have never lived with this person
☐ At age:
-

During the time that you lived with this person, on average, how often did she participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with this person</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout her life, has this person ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this person participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that she has participated at?

To identify the highest level of competition that this person has participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition this person participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Now we would like to ask about your **step-father or male legal guardian**.

If you have never had a step-father or male legal guardian other than your biological father, please place a tick in the box below and continue to page 57:

- ☐ I have never had a step-father or male legal guardian other than my biological father

Please describe this person's relationship to you:

- ☐ Uncle
☐ Foster parent
☐ Godfather
☐ Grandfather
☐ Step-father
☐ Other – Please specify:
-

What is this person's date of birth?

Day	Month	Year
-----	-------	------

In which country has this person resided for the majority of his life?

What is the highest level of education that this person has completed?

- ☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:
-

How old were you when you started living with this person?

- ☐ From when I was born
☐ I have never lived with this person
☐ From age:
-

How old were you when you stopped living with this person?

- ☐ I still live with this person
☐ I have never lived with this person
☐ At age:
-

During the time that you lived with this person, on average, how often did he participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with this person</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout his life, has this person ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this person participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that he has participated at?

To identify the highest level of competition that this person has participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition this person participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

The next few questions relate to your **siblings** (brothers and sisters). Please include any step-siblings and/or half-siblings when responding to the following questions.

If you do not have any siblings, please place a tick in the box below and continue to page 71:

☐ I do not have any siblings

First we would like to ask about your **oldest sibling**.

Is this sibling male or female?

☐ Male
☐ Female

Please describe your relationship to this sibling:

☐ This sibling is my identical twin (monozygotic twin)
☐ This sibling is my non-identical twin (dizygotic twin)
☐ This sibling and I share the same mother and father
☐ This sibling and I have a different mother and/or father

What is this sibling's date of birth?

Day	Month	Year
-----	-------	------

In which country has this sibling resided for the majority of their life?

What is the highest level of education that this sibling has completed?

☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:

How old were you when you started living with this sibling?

☐ From when I was born
☐ I have never lived with this sibling
☐ From age:

How old were you when you stopped living with this sibling?

☐ I still live with this sibling
☐ I have never lived with this sibling
☐ At age:

During the time that you lived with this sibling, on average, how often did they participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with this sibling</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout their life, has this sibling ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this sibling participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that they have participated at?

To identify the highest level of competition that your sibling participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your sibling participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type</i> <i>(Please be specific as possible)</i>	<i>Highest level of competition</i> <i>(Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Now we would like to ask about your **second oldest sibling**.

If you do not have any more siblings, please place a tick in the box below and continue to page 71:

☐ I do not have any more siblings

Is this sibling male or female?

☐ Male
☐ Female

Please describe your relationship to this sibling:

- ☐ This sibling is my identical twin (monozygotic twin)
☐ This sibling is my non-identical twin (dizygotic twin)
☐ This sibling and I share the same mother and father
☐ This sibling and I have a different mother and/or father

What is this sibling's date of birth?

Day	Month	Year
-----	-------	------

In which country has this sibling resided for the majority of their life?

What is the highest level of education that this sibling has completed?

- ☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:

How old were you when you started living with this sibling?

- ☐ From when I was born
☐ I have never lived with this sibling
☐ From age:

How old were you when you stopped living with this sibling?

- ☐ I still live with this sibling
☐ I have never lived with this sibling
☐ At age:

During the time that you lived with this sibling, on average, how often did they participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with this sibling</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout their life, has this sibling ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this sibling participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that they have participated at?

To identify the highest level of competition that your sibling participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your sibling participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Now we would like to ask about your **third oldest sibling**.

If you do not have any more siblings, please place a tick in the box below and continue to page 71:

☐ I do not have any more siblings

Is this sibling male or female?

☐ Male
☐ Female

Please describe your relationship to this sibling:

☐ This sibling is my identical twin (monozygotic twin)
☐ This sibling is my non-identical twin (dizygotic twin)
☐ This sibling and I share the same mother and father
☐ This sibling and I have a different mother and/or father

What is this sibling's date of birth?

Day	Month	Year
-----	-------	------

In which country has this sibling resided for the majority of their life?

What is the highest level of education that this sibling has completed?

☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:

How old were you when you started living with this sibling?

☐ From when I was born
☐ I have never lived with this sibling
☐ From age:

How old were you when you stopped living with this sibling?

☐ I still live with this sibling
☐ I have never lived with this sibling
☐ At age:

During the time that you lived with this sibling, on average, how often did they participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with this sibling</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout their life, has this sibling ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this sibling participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that they have participated at?

To identify the highest level of competition that your sibling participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your sibling participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Now we would like to ask about your **fourth oldest sibling**.

If you do not have any more siblings, please place a tick in the box below and continue to page 71:

☐ I do not have any more siblings

Is this sibling male or female?

☐ Male
☐ Female

Please describe your relationship to this sibling:

☐ This sibling is my identical twin (monozygotic twin)
☐ This sibling is my non-identical twin (dizygotic twin)
☐ This sibling and I share the same mother and father
☐ This sibling and I have a different mother and/or father

What is this sibling's date of birth?

Day	Month	Year
-----	-------	------

In which country has this sibling resided for the majority of their life?

What is the highest level of education that this sibling has completed?

☐ Less than secondary school
☐ Some secondary school
☐ Completed secondary school
☐ Some post-secondary college / undergraduate university
☐ Completed a post-secondary college diploma / undergraduate university degree
☐ Some postgraduate university
☐ Completed a masters degree
☐ Completed a law / professional degree
☐ Completed a doctoral degree
☐ Other – Please specify:

How old were you when you started living with this sibling?

☐ From when I was born
☐ I have never lived with this sibling
☐ From age:

How old were you when you stopped living with this sibling?

☐ I still live with this sibling
☐ I have never lived with this sibling
☐ At age:

During the time that you lived with this sibling, on average, how often did they participate in the following types of physical activity?

Please tick one box within each row.

	<i>Never</i>	<i>Occasionally</i>	<i>1-2 times per week</i>	<i>3-5 times per week</i>	<i>More than 5 times per week</i>	<i>N/A – I have never lived with sibling</i>
General fitness activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational sport / informal sporting games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Competitive sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Throughout their life, has this sibling ever participated in any competitive sports for an extended period of time (i.e. 3 years or more)?

- ☐ No
☐ Yes

If yes, in which competitive sport(s) has this sibling participated in for an extended period of time (i.e. 3 years or more), and what is the highest level of competition that they have participated at?

To identify the highest level of competition that your sibling participated at please refer to the codes provided on the back page of this questionnaire. You may rip off the back page for your convenience. For example, please enter a '5' in the space below if the highest level of competition your sibling participated at was "competition against others within the local area (at the senior / open level)".

<i>Sport type (Please be specific as possible)</i>	<i>Highest level of competition (Please enter the corresponding code from the list on the back page of the questionnaire)</i>
Sport 1	
Sport 2	
Sport 3	
Sport 4	
Sport 5	

Section 10 of 10: Where You Have Lived

Finally, we would like to ask you a few questions about all of the **towns / cities in which you have lived**.

Please note: When answering the following questions, if you lived in a particular town / city, moved away for a period of time, and then returned, please treat the return relocation as an entirely new town / city of residence.

For example, if you were born in Melbourne and lived there until you were 19, then you moved to Canberra for 2 years before returning to Melbourne, for purposes of this questionnaire you have lived in 3 separate towns / cities.

Please also note: When answering the following questions, you do not need to tell us about relocations to a new suburb / neighbourhood within the same town / city. We are only interested in relocations to completely different towns / cities. For example, if you moved from Manly to Bondi, both of these suburbs are still considered to be within Sydney, and you do not need to tell us about this relocation. However, if you moved from a suburb in Sydney to a suburb in Brisbane, then this relocation must be documented. If you are unsure whether to include a particular relocation, please err on the side of caution and document it.

Please include all towns / cities in which you have lived, regardless of the duration of time that you lived there. **Even residences of short duration are important.**

Where were you born?

Name of the town / city _____

State / Province _____

Country _____

If you have never moved away from the town / city in which you were born, please place a tick in the box below and continue to page 77:

☐

I have never moved away from the town / city in which I was born

Where was the second town / city in which you lived?

Name of the town / city _____

State / Province _____

Country _____

How old were you when you moved to this town / city?

Why did you move to this town / city?

☐

Education related reasons

☐

Family related reasons

☐

Lifestyle related reasons

☐

Personal relationship related reasons

☐

Sport related reasons

☐

Unspecified personal reasons

☐

Work related reasons

☐

Other – Please specify:

If you have never moved away from the second town / city in which you lived, please place a tick in the box below and continue to page 77:

☐ I have never moved away from the second town / city in which I lived

Where was the third town / city in which you lived?

Name of the town / city _____

State / Province _____

Country _____

How old were you when you moved to this town / city?

Why did you move to this town / city?

- ☐ Education related reasons
- ☐ Family related reasons
- ☐ Lifestyle related reasons
- ☐ Personal relationship related reasons
- ☐ Sport related reasons
- ☐ Unspecified personal reasons
- ☐ Work related reasons
- ☐ Other – Please specify:

If you have never moved away from the third town / city in which you lived, please place a tick in the box below and continue to page 77:

☐ I have never moved away from the third town / city in which I lived

Where was the fourth town / city in which you lived?

Name of the town / city _____

State / Province _____

Country _____

How old were you when you moved to this town / city?

Why did you move to this town / city?

- ☐ Education related reasons
- ☐ Family related reasons
- ☐ Lifestyle related reasons
- ☐ Personal relationship related reasons
- ☐ Sport related reasons
- ☐ Unspecified personal reasons
- ☐ Work related reasons
- ☐ Other – Please specify:

If you have never moved away from the fourth town / city in which you lived, please place a tick in the box below and continue to page 77:

☐ I have never moved away from the fourth town / city in which I lived

Where was the fifth town / city in which you lived?

Name of the town / city _____

State / Province _____

Country _____

How old were you when you moved to this town / city?

Why did you move to this town / city?

- ☐ Education related reasons
- ☐ Family related reasons
- ☐ Lifestyle related reasons
- ☐ Personal relationship related reasons
- ☐ Sport related reasons
- ☐ Unspecified personal reasons
- ☐ Work related reasons
- ☐ Other – Please specify:

If you have never moved away from the fifth town / city in which you lived, please place a tick in the box below and continue to page 77:

☐ I have never moved away from the fifth town / city in which I lived

Where was the sixth town / city in which you lived?

Name of the town / city _____

State / Province _____

Country _____

How old were you when you moved to this town / city?

Why did you move to this town / city?

- ☐ Education related reasons
- ☐ Family related reasons
- ☐ Lifestyle related reasons
- ☐ Personal relationship related reasons
- ☐ Sport related reasons
- ☐ Unspecified personal reasons
- ☐ Work related reasons
- ☐ Other – Please specify:

Final Comments?

You have just completed the final section of the Developmental History of Athletes Questionnaire!

Did you have any difficulties understanding or answering any of the questions relating to your family or where you have lived?

- ☐ No
☐ Yes

If yes, please describe the question(s) and the difficulties you have had:

Do you have any final comments that you wish to make about the Developmental History of Athletes Questionnaire, your own sport involvement, or any other issues that you feel are important to mention?

Level of Competition Code Sheet
--

Please use this code sheet to answer:

- Section 7 of 10: Your Participation in Other Organised Sports
- Section 9 of 10: Your Family

You may remove this page for your convenience.

To identify the highest level of competition when responding to items within sections 7 and 9, please refer to the codes provided below.

For example, please enter a '5' in the relevant space if the highest level of competition is "competition against others within the local area (at the senior / open level)".

1. No competition - Recreational involvement only (at the junior level)
2. No competition - Recreational involvement only (at the senior / open level)
3. No competition - Recreational involvement only (at the masters level)
4. Competition against others within the local area (at the junior level)
5. Competition against others within the local area (at the senior / open level)
6. Competition against others within the local area (at the masters level)
7. Competition against others within the state / province (at the junior level)
8. Competition against others within the state / province (at the senior / open level)
9. Competition against others within the state / province (at the masters level)
10. Competition against others from across the country (at the junior level)
11. Competition against others from across the country (at the senior / open level)
12. Competition against others from across the country (at the masters level)
13. Competition against others from different countries (at the junior level)
14. Competition against others from different countries (at the senior / open level)
15. Competition against others from different countries (at the masters level)
16. Other – Please be sure specify the appropriate level of competition in the corresponding space

Appendix H.

Ethical Approval for Study Phase Four: Reassessment of Test-Retest Reliability of the Developmental History of Athletes Questionnaire



MEMO

TO Dr Clare MacMahon
School of Sport and Exercise Science
Footscray Park Campus

DATE 22/07/2010

FROM Dr Mary Weaven
Acting Chair
Arts, Education & Human Development Human Research
Ethics Subcommittee

SUBJECT Ethics Application – HRETH 10/144

Dear Dr MacMahon,

Thank you for submitting your application for ethical approval of the project entitled:

HRETH 10/144 Pathways to the Podium: A large scale examination of long-term athlete development (AEHD HREC 10/101)

The proposed research project has been accepted and deemed to meet the requirements of the National Health and Medical Research Council (NHMRC) 'National Statement on Ethical Conduct in Human Research (2007)', by the Acting Chair, Faculty of Arts, Education & Human Development Human Research Ethics Committee. Approval has been granted from 16/07/2010 to 23/12/2011.

Continued approval of this research project by the Victoria University Human Research Ethics Committee (VUHREC) is conditional upon the provision of a report within 12 months of the above approval date (by **22/07/2011**) or upon the completion of the project (if earlier). A report proforma may be downloaded from the VUHREC web site at: <http://research.vu.edu.au/hrec.php>

Please note that the Human Research Ethics Committee must be informed of the following: any changes to the approved research protocol, project timelines, any serious events or adverse and/or unforeseen events that may affect continued ethical acceptability of the project. In these unlikely events, researchers must immediately cease all data collection until the Committee has approved the changes. Researchers are also reminded of the need to notify the approving HREC of changes to personnel in research projects via a request for a minor amendment.

If you have any queries, please do not hesitate to contact me on 9919 9510.

On behalf of the Committee, I wish you all the best for the conduct of the project.

Dr Mary Weaven
Acting Chair
Faculty of Arts, Education & Human Development Human Research Ethics Subcommittee



Australian Institute of Sport

MINUTE

TO: Ms Melissa Hopwood **CC:** Dr Damian Farrow
FROM: Ms Helene Kay
SUBJECT: Approval from AIS Ethics Committee **DATE:** 20th August 2010

At the last meeting of the AIS Ethics Committee, held on the 17th of August 2010, the Committee gave consideration to your submission titled '*Pathways to podium; a large scale examination of long-term athlete development*'. The Committee saw no ethical reason why your project should not proceed.

The approval number for this project is 20100805.

It is a requirement of the AIS Ethics Committee that the Principal Researcher (you) advise all researchers involved in the study of Ethics Committee approval and any conditions of that approval. You are also required to advise the Ethics Committee immediately (via the Secretary) of:

any proposed changes to the research design,
any adverse events that may occur,

Researchers are required to submit **annual status reports** to the secretary of the AIS Ethics Committee until completion of the project. Details of status report requirements are contained in the "Guidelines" for ethics submissions.

This Approval is valid until the 30th of January 2012; re-approval will need to be sought should the project continue past this date.

Failure to comply with the above will render ethics approval null and void.

If you have any questions regarding this matter, please don't hesitate to contact me on (02) 6214 1577.

A handwritten signature in black ink, appearing to be 'Helene Kay', written over the typed name.

Sincerely
Helene Kay
Secretary, AIS EC



OFFICE OF
RESEARCH
ETHICS (ORE)

5th Floor,
York Research Tower,
4700 Keele St.
Toronto ON
Canada M3J 1P3
Tel 416 736 5914
Fax 416 650 8197
www.research.yorku.ca

Memo

Certificate #: 2010 - 241

Approval Period: 09/08/10-09/08/11

To: Professor Joseph Baker, Faculty of Health, bakerj@yorku.ca

From: Wendy Jokhoo, Coordinator, Research Ethics Review

Cc: Alison M. Collins-Mrakas, Manager, Research Ethics

Date: Wednesday 8th September, 2010

Re: **Ethics Approval**

Pathways to the Podium: A Large Scale Examination of Long-Term Athlete Development

I am writing to inform you that the Human Participants Review Sub-Committee has reviewed and approved the above project.

Should you have any questions, please feel free to contact me at: 416-736-5914 or via email at: acollins@yorku.ca.

Yours sincerely,

Alison M. Collins-Mrakas M.Sc., LLM
Sr. Manager and Policy Advisor,
Office of Research Ethics

Appendix I.

Participant Information Sheets and Consent Forms for Study Phase Four: Reassessment of Test-Retest Reliability of the Developmental History of Athletes Questionnaire



INFORMATION TO PARTICIPANTS INVOLVED IN RESEARCH

Information for Athletes

You are invited to participate

You are invited to participate in a research project entitled "Pathways to the Podium: A large scale examination of long-term athlete development".

This project is being conducted by a student researcher, Melissa Hopwood, as part of a PhD study within the School of Sport and Exercise Science at Victoria University, Melbourne, Australia, in collaboration with the School of Kinesiology and Health Science at York University, Toronto, Canada. This project is supervised by Dr. Clare MacMahon and Dr. Damian Farrow from Victoria University, and Dr. Joseph Baker from York University.

Project explanation

We are interested in collecting information relating to the sporting experiences, training histories, and environmental factors that are associated with the development of elite sports performance. Athletes from across Australia and Canada who participate in a variety of sports at the club, state/provincial, national, and international levels are being invited to share their "Pathway to the Podium" by completing an online survey titled "The Developmental History of Athletes Questionnaire". Sporting histories will then be compared between athletes of different skill levels, in different sports, and in different countries. Information obtained from this project will be used to provide recommendations regarding the conditions of sport participation and practice that are optimal for the development of sport expertise.

What will I be asked to do?

Your involvement in this project will require you to complete an online questionnaire. The questionnaire takes approximately one hour to complete, and includes questions relating to:

- Basic demographic information;
- Training history details for your main sport;
- Competition history details for your main sport;
- Performance milestones for your main sport;
- Participation in other organised sporting activities;
- Involvement in playful sporting games; and
- Your immediate family's involvement in competitive sports.

In the interest of privacy and confidentiality, all of your responses to the questionnaire will be identified using a participant code. As such, you will remain anonymous throughout the course of the research, and your name will at no stage be linked to your responses.

What will I gain from participating?

Although participation in this project will be of no direct benefit to your current sport performance, sharing your sporting history will assist in the identification of important recommendations relating to the conditions of sport participation and practice that are optimal for the development of sport expertise. These recommendations will be of high interest to coaches, athletes, parents, and sport scientists, and could assist in the development of future sporting champions.

Upon completion of the questionnaire you will receive a personalised report documenting "Your pathway to the podium" and you will also receive a summary of the research findings upon finalisation of the project.

As a small token of our appreciation for your time and assistance, all participants will be invited to enter a prize draw including the chance to win an Apple iPod, or one of 3 \$50 gift vouchers for the Apple Store or Amazon.com.

How will the information I give be used?

The information you provide for this research will be used to identify some of the factors that contribute to the development of elite sports performance, which will subsequently be translated into recommendations regarding sport participation, practice, and programming. The findings from this research are intended to be published in scientific journals and coaching magazines, and will be presented to the sport science and coaching communities at various industry conferences and coaching workshops.

Will my name or personal details be shared at any time?

The standardised regulations of the Human Research Ethical Review Boards associated with this research require written consent from all participants, plus parental consent from all participants under the age of 18. These consent forms require you and your parents (if applicable) to provide your name, postal address, email address, and signature. Access to this information will be restricted to the lead researcher, Melissa Hopwood, and will be used solely for communication purposes between the lead researcher, you, and your parents (if applicable). This information will not be used for any other purpose, and will not be shared with any other member of the research team or any external parties.

Additionally, your name will not be linked to the data you provide. All participants are allocated a participant identification code, which will be used throughout all processes of data collection and analysis. In order to monitor the status of your involvement in the Pathways to the Podium Research Project, I must be able to link your name with your participant identification code. It is also necessary for me to link your name with your participant identification code in order to provide you with a personalised summary report of your responses; however, once again, the lead researcher will be the only person who has access to the database containing both participant names and their corresponding identification code.

Hard copies of any personal identification details will be stored within a locked filing cabinet to which only the lead researcher will have the key, and electronic copies will be stored on an external hard drive that is kept within the locked filing cabinet. All information collected during the conduct of human research is required by law to be kept for 7 years, after which it is destroyed.

What are the potential risks of participating in this project?

The potential risks of participating in this research are minimal.

It is unlikely that you will experience any physical difficulty whilst completing the questionnaire, however, please feel free to report any physical discomfort, and appropriate measures will be taken.

You will be required to recall information relating to your past, however the majority of the information required relates to your previous sporting involvement, so it is unexpected that this will cause any psychological distress. If you do not wish to answer a particular question, there will be opportunities for you to refuse to respond without any ramification. In addition, a registered psychologist, Dr. Harriet Speed is available to provide free-of-charge psychological services should you encounter any distress as a result of the data collection procedures. Dr. Speed can be contacted on +613 9919 5412 or via email at harriet.speed@vu.edu.au.

As mentioned previously, your name will not be associated with any of your responses, and procedures are in place to ensure that the information you provide remains confidential, and your anonymity is maintained. If you wish to obtain further information regarding these procedures, please feel free to contact any of the researchers listed below, and we will be happy to assist in your request.

If at any time you no longer wish to be involved in the research, you will be free to withdraw. Your withdrawal will not jeopardise you or your involvement with your sport team in any way. In the case of your withdrawal, any information you have previously provided will be destroyed.

If you have any further questions relating to the potential risks of participating in this research, please contact any of the researchers listed below and we will be happy to assist you.

How will this project be conducted?

Your participation in this research will involve a single data collection session during which you will complete the online Developmental History of Athletes Questionnaire. This data collection session will not be supervised by the research team so you may complete the questionnaire at your convenience, at any venue of your choice. You will simply require a stable internet connection that will allow you to remain online for approximately one hour. It is recommended that you complete the questionnaire in a quiet environment, free of distraction.

Upon indication of your willingness to participate, you will be emailed a personalised link to the online Developmental History of Athletes Questionnaire, which you can then access at your convenience to begin the questionnaire.

Who is conducting the study?

Student Investigator:

Ms. Melissa Hopwood
Victoria University, Australia – School of Sport and Exercise Science
melissa.hopwood@live.vu.edu.au

Associate Investigator:

Dr. Clare MacMahon
Victoria University, Australia – School of Sport and Exercise Science
clare.macmahon@vu.edu.au
(03) 9919 5410

Associate Investigator:

Dr. Damian Farrow
Victoria University, Australia – Institute of Sport, Exercise, and Active Living
damian.farrow@vu.edu.au
(03) 9919 5001

Associate Investigator:

Dr. Joseph Baker
York University, Canada – Lifespan Health and Performance Laboratory
bakerj@yorku.ca
+ 1 416 736 2100 Extension 22361

Any queries about your participation in this project may be directed to the Student Investigator listed above.

In accordance with the Australian National Health and Medical Research Council's guidelines, this study has been cleared by both the Victoria University Human Research Ethics Committee and the Human Ethics Committee at the Australian Institute of Sport. This study has also been reviewed and approved by the Human Participants Review Sub-Committee of York University's Ethical Review Board and it conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. If you have any queries or complaints about the project, or the way you have been treated, you are of course, free to contact either the Secretary of the Victoria University Human Research Ethics Committee (Victoria University, PO Box 14428, Melbourne, VIC, 8001, +613 9919 4781), the Secretary of the AIS Ethics Committee (Mr John Williams, +612 6214 1816), or the Manager of the York University Research Ethics Department (Ms. Alison Collins-Mrakas, 309 York Lanes, York University, 4700 Keele Street, Toronto, Ontario, M3J 1P3, +1 416 736 5914, acollins@yorku.ca).



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CONSENT FORM FOR PARTICIPANTS INVOLVED IN RESEARCH

We would like to invite you to be a part of a study entitled "Pathways to the Podium: A large scale examination of long-term athlete development".

We are interested in collecting information relating to the sporting experiences, training histories, and environmental factors that are associated with the development of elite sports performance. Athletes from across Australia and Canada who participate in a variety of sports at the club, state/provincial, national, and international levels are being invited to share their "Pathway to the Podium" by completing the "Developmental History of Athletes Questionnaire". Sporting histories will then be compared between athletes of different skill levels, in different sports, and in different countries. Information obtained from this project will be used to provide recommendations regarding the conditions of sport participation and practice that are optimal for the development of sport expertise.

CERTIFICATION BY SUBJECT

I, _____ (participant's name)

of _____ (participant's suburb)

certify that I am at least 18 years old and that I am voluntarily giving my consent to participate in the study "Pathways to the Podium: A large scale examination of long-term athlete development", being conducted by Victoria University, Australia, the Australian Institute of Sport, and York University, Canada by Ms. Melissa Hopwood, Dr. Clare MacMahon, Dr. Damian Farrow, and Dr. Joseph Baker.

I certify that the objectives of the study, together with any risks and safeguards associated with the procedures to be carried out in the research, have been fully explained to me by a researcher, and that I freely consent to participation involving the completion of the online Developmental History of Athletes Questionnaire

I certify that I have had the opportunity to have any questions answered and that I understand that I can withdraw from this study at any time and that this withdrawal will not jeopardise me in any way.

I certify that I have the opportunity to access free-of-charge psychological services from Dr. Harriet Speed (+613 9919 5412; harriet.speed@vu.edu.au) in the event of any distress resulting from participation in this study.

I have been informed that the information I provide will be kept confidential.

Signed: _____

Date: _____

Email address: _____

Any queries about your participation in this project may be directed to the student investigator, Ms. Melissa Hopwood, via email at melissa.hopwood@live.vu.edu.au, or by phone on +1 416 895 6164.

In accordance with the Australian National Health and Medical Research Council's guidelines, this study has been cleared by both the Victoria University Human Research Ethics Committee and the Human Ethics Committee at the Australian Institute of Sport. This study has also been reviewed and approved by the Human Participants Review Sub-Committee of York University's Ethical Review Board and it conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. If you have any queries or complaints about the project, or the way you have been treated, you are of course, free to contact either the Secretary of the Victoria University Human Research Ethics Committee (Victoria University, PO Box 14428, Melbourne, VIC, 8001, +613 9919 4781), the Secretary of the AIS Ethics Committee (Mr John Williams, +612 6214 1816), or the Manager of the York University Research Ethics Department (Ms. Alison Collins-Mrakas, 309 York Lanes, York University, 4700 Keele Street, Toronto, Ontario, M3J 1P3, +1 416 736 5914, acolins@yorku.ca).



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PARENTAL CONSENT FORM FOR PARTICIPANTS INVOLVED IN RESEARCH

We would like to invite your son/daughter to be a part of a study entitled "Pathways to the Podium: A large scale examination of long-term athlete development".

We are interested in collecting information relating to the sporting experiences, training histories, and environmental factors that are associated with the development of elite sports performance. Athletes from across Australia and Canada who participate in a variety of sports at the club, state/provincial, national, and international levels are being invited to share their "Pathway to the Podium" by completing the "Developmental History of Athletes Questionnaire". Sporting histories will then be compared between athletes of different skill levels, in different sports, and in different countries. Information obtained from this project will be used to provide recommendations regarding the conditions of sport participation and practice that are optimal for the development of sport expertise.

CERTIFICATION BY SUBJECT

I, _____ (parent's name)

of _____ (parent's suburb)

certify that I am voluntarily giving my consent for my son/daughter,

_____ (son/daughter's name)

to participate in the study "Pathways to the Podium: A large scale examination of long-term athlete development", being conducted by Victoria University, Australia, the Australian Institute of Sport, and York University, Canada, by Ms. Melissa Hopwood, Dr. Clare MacMahon, Dr. Damian Farrow, and Dr. Joseph Baker.

I certify that the objectives of the study, together with any risks and safeguards associated with the procedures to be carried out in the research, have been fully explained to me and my son/daughter by a researcher, and that I freely consent to their participation involving the completion of the online Developmental History of Athletes Questionnaire

I certify that I have had the opportunity to have any questions answered and that I understand that my son/daughter can withdraw from this study at any time and that this withdrawal will not jeopardise them in any way.

I certify that I have the opportunity to access free-of-charge psychological services from Dr. Harriet Speed (+613 9919 5412; harriet.speed@vu.edu.au) in the event of any distress resulting from participation in this study.

I have been informed that the information my son/daughter provides will be kept confidential.

Signed: _____

Date: _____

Any queries about your participation in this project may be directed to the student investigator, Ms. Melissa Hopwood, via email at melissa.hopwood@live.vu.edu.au, or by phone on +61 443 778 617.

In accordance with the Australian National Health and Medical Research Council's guidelines, this study has been cleared by both the Victoria University Human Research Ethics Committee and the Human Ethics Committee at the Australian Institute of Sport. This study has also been reviewed and approved by the Human Participants Review Sub-Committee of York University's Ethical Review Board and it conforms to the standards of the Canadian Tri-Council Research Ethics guidelines. If you have any queries or complaints about the project, or the way you have been treated, you are of course, free to contact either the Secretary of the Victoria University Human Research Ethics Committee (Victoria University, PO Box 14428, Melbourne, VIC, 8001, +613 9919 4781), the Secretary of the AIS Ethics Committee (Mr John Williams, +612 6214 1816), or the Manager of the York University Research Ethics Department (Ms. Alison Collins-Mrakas, 309 York Lanes, York University, 4700 Keele Street, Toronto, Ontario, M3J 1P3, +1 416 736 5914, acolins@yorku.ca).