

Dear Athlete,

Thank you for agreeing to participate in the Youth Athlete Research Study. Please answer all of the questions as best you can. There are no right or wrong answers to these questions. We simply want your opinions and experiences. The most important thing to do is to answer these questions honestly.

Most of the questions require you to circle the response that best reflects your opinion or experience. Some questions ask you to write in a number. A few questions ask you to write a short sentence or two. If you have any difficulty understanding any of the questions, please ask the research assistant.

Thank you very much.

The Youth Athlete Research Team

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Questionnaire 1: Athletic Profile

Name (for recording purposes only—your name will not be used in any aspect of the research) _____

Date of birth _____ Height _____

Gender M F Weight _____

What do you consider your primary sport? _____

During the last year (52 weeks), about how many weeks were you involved in playing this sport? _____ weeks

If you play a second sport, list it here. _____

During the last year (52 weeks), about how many weeks were you involved in playing this sport? _____ weeks

If you play a third sport, list it here. _____

During the last year (52 weeks), about how many weeks were you involved in playing this sport? _____ weeks

During the ***school year***, please indicate what percentage of your awake time is dedicated to the following activities (remember all the numbers should add to 100%).

Playing sports or preparing for sports	_____ %
School and school work	_____ %
Music, entertainment, TV, computer, Facebook, etc. . . .	_____ %
Time with family	_____ %
Employment or volunteer work	_____ %
Hanging out with friends	_____ %
Other	_____ %
Total	_____ 100 %

During the ***summer and vacation times***, please indicate what percentage of your awake time is dedicated to the following activities (remember all the numbers should add to 100%).

Playing sports or preparing for sports	_____ %
School and school work	_____ %
Music, entertainment, TV, computer, Facebook, etc. . . .	_____ %
Time with family	_____ %
Employment or volunteer work	_____ %
Hanging out with friends	_____ %
Other	_____ %
Total	_____ 100 %

Considering all of the time that you spend on sports, please identify how much time is devoted to each of the following activities (the numbers should add to 100%).

Organized and formal practice and games _____ %
 Unsupervised, informal, solitary play and “pick-up” games _____ %
 Non-sport training (weights, conditioning) _____ %
 Total _____ 100 %

How old were you when you went to your first organized/structured sports practice/game? _____ years old

How old do you think you will be when you *stop* playing sports? _____ years old

For the next set of questions, please circle the number on the right that best reflects your opinion.

Overall, how fun and enjoyable are your sports practices?	1-----2-----3-----4-----5-----6-----7 Not at all enjoyable Very enjoyable
Overall, how excited are you to go to sports practices?	1-----2-----3-----4-----5-----6-----7 Not at all excited Very excited
How much pressure/stress do you feel to compete from <i>yourself</i> ?	1-----2-----3-----4-----5-----6-----7 Not much at all A great deal
How much pressure/stress do you feel to compete from <i>coaches</i> ?	1-----2-----3-----4-----5-----6-----7 Not much at all A great deal
How much pressure/stress do you feel to compete from <i>parents</i> ?	1-----2-----3-----4-----5-----6-----7 Not much at all A great deal
How much pressure/stress do you feel to compete from your <i>friends</i> ?	1-----2-----3-----4-----5-----6-----7 Not much at all A great deal
I wish I had more free time during the <i>school year</i> .	1-----2-----3-----4-----5-----6-----7 Strongly disagree Strongly agree
I wish I had more free time during the <i>summer and vacation</i> .	1-----2-----3-----4-----5-----6-----7 Strongly disagree Strongly agree

For the next set of questions, please read the question in the left column, then circle the response(s) in the middle column that reflects your opinion. The right column may also ask you to circle a response, or it may ask you to write something.

Have you ever been diagnosed (by a physician physical therapist or athletic trainer) with any of the following:		
<p><i>Muscle/tendon strain or tendinitis</i> (For example, hamstring/quad/groin “pull”, patellar tendinitis, Achilles tendinitis, rotator cuff strain, tennis elbow, Little League elbow, jumper’s knee, plantar fasciitis.)</p>	<p>YES NO</p> <p>If yes, how long did you/have you had this injury (circle one)?</p> <p>1 less than 1 month 2 between 1-6 months 3 between 7-12 months 4 more than 12 months</p> <p>Did you receive treatment?</p> <p>YES NO</p>	<p>If yes, please circle the number that corresponds to the pain of this injury.</p> <p>1 pain only after physical activity 2 pain during physical activity w/o performance restrictions 3 pain during physical activity w/ performance restrictions 4 pain at rest</p>
<p><i>Fractures, stress fractures, or growth plate injuries</i> (For example, spondylolysis, Sever’s disease, slipped femoral capitus, Osgood Schlatters.)</p>	<p>YES NO</p> <p>If yes, how long did you/have you had this injury (circle one)?</p> <p>1 less than 1 month 2 between 1-6 months 3 between 7-12 months 4 more than 12 months</p> <p>Did you receive professional treatment?</p> <p>YES NO</p>	<p>If yes, please circle the number that corresponds to the pain of this injury.</p> <p>1 pain only after physical activity 2 pain during physical activity w/o performance restrictions 3 pain during physical activity w/ performance restrictions 4 pain at rest</p>

<p><i>Sprains, subluxations, dislocations</i> (For example, ankle sprain, shoulder dislocation, shoulder separation, MCL, ACL, PCL, LCL Knee injury.)</p>	<p>YES NO</p> <p>If yes, how long did you/have you had this injury (circle one)?</p> <p>1 less than 1 month 2 between 1-6 months 3 between 7-12 months 4 more than 12 months</p> <p>Did you receive professional treatment?</p> <p>YES NO</p>	<p>If yes, please circle the number that corresponds to the pain of this injury.</p> <p>1 pain only after physical activity 2 pain during physical activity w/o performance restrictions 3 pain during physical activity w/ performance restrictions 4 pain at rest</p>
<p><i>Orthopedic surgical procedure</i> (For example, reconstruction, arthroscope, surgical pin or plate insertion.)</p>	<p>YES NO</p> <p>If yes, how long did you/have you had this injury (circle one)?</p> <p>1 less than 1 month 2 between 1-6 months 3 between 7-12 months 4 more than 12 months</p> <p>Did you receive professional treatment?</p> <p>YES NO</p>	<p>If yes, please circle the number that corresponds to the pain of this injury.</p> <p>1 pain only after physical activity 2 pain during physical activity w/o performance restrictions 3 pain during physical activity w/ performance restrictions 4 pain at rest</p>

<p>Have you ever been injured in sports such that you missed a game or practice or could not fully participate in a game or practice?</p>	<p>YES NO</p> <p>If yes, how long did you/have you had this injury (circle one)?</p> <p>1 less than 1 month</p> <p>2 between 1-6 months</p> <p>3 between 7-12 months</p> <p>4 more than 12 months</p> <p>Did you receive professional treatment?</p> <p>YES NO</p>	<p>If yes, how long were you out?</p> <p>1 one week or less</p> <p>2 between one week and one month</p> <p>3 between one month and a season</p> <p>4 more than a season</p>
<p>What do you think is more valuable for improving your sports performance?</p>	<p>Circle one:</p> <p>SUPERVISED, FORMAL PRACTICE</p> <p>UNSUPERVISED, INFORMAL, OR SOLITARY PRACTICE OR “PICK-UP” GAMES</p>	<p>Why do you think so?</p>
<p>What type of sports participation is more fun for you?</p>	<p>Circle one:</p> <p>SUPERVISED, FORMAL PRACTICE</p> <p>UNSUPERVISED, INFORMAL, OR SOLITARY PRACTICE OR “PICK-UP” GAMES</p>	<p>Why do you think so?</p>

For the next set of questions please circle the answer that best reflects your opinion.	
How often have you played through pain?	1 Never or almost never 2 Rarely 3 Occasionally 4 Often 5 Always or almost always
When you play sports, how often is it organized and supervised by a coach?	1 Never or almost never 2 Rarely 3 Occasionally 4 Often 5 Always or almost always
When/if you get injured, what statement best describes your reaction (do not answer this question if you have never been injured to the point of not participating in a game or practice)	1 Part of the game 2 I did something wrong 3 I did not train hard enough 4 Bad luck 5 If you play long enough, you'll get injured
What do you believe is the most realistic goal for you in sports?	0 I don't think about goals for sports 1 To play recreationally 2 To make my school's 9 th - or 10 th -grade team 3 To make my school's varsity team 4 To play at a small college with few or no athletic scholarships 5 To play at a large university that offers athletic scholarships 6 To be a professional or Olympic athlete
What do you believe is your parents' goal for you in sports?	0 They don't have goals for me in sports 1 To play recreationally 2 To make my school's 9 th - or 10 th -grade team 3 To make my school's varsity team 4 To play at a small school with few or no athletic scholarships 5 To play at a large university that offers athletic scholarships 6 To be a professional or Olympic athlete

<p>If given a choice between free time and playing/training for organized sports, would you:</p>	<ol style="list-style-type: none"> 1 Strongly prefer free time 2 Moderately prefer free time 3 Can't decide/prefer both equally 4 Moderately prefer playing sports 5 Strongly prefer playing sports
<p>If given a choice between free time and playing/training for organized sports, your parents would (for you):</p>	<ol style="list-style-type: none"> 1 Strongly prefer free time 2 Moderately prefer free time 3 Can't decide/prefer both equally 4 Moderately prefer playing sports 5 Strongly prefer playing sports

Questionnaire 2: Sports Frequency

- 1) When you are **in-season**, how many days do you take off (rest) from organized/structured sports or sport conditioning/training per week?
_____ days per week
- 2) When you are **out-of-season**, how many days do you take off (rest) from organized/structured sports or sport conditioning/training per week?
_____ days per week
- 3) During the last one year (52 weeks), approximately how many weeks did you NOT participate in organized/structured sports or conditioning/training?
_____ weeks per year
- 4) In how many different organized/structured sports do you participate? (For example, travel/club soccer and school soccer would count as ONE.)
_____ sports per year
- 5) Do you participate in, or train for, two or more sports during a single sports season?
 - a. Yes_____ No_____
 - b. If yes, how many weeks overlap? _____
- 6) Do you play for an elite, club, or travel sports team such as AAU or AYBT?
 - a. Yes_____ No_____
 - b. If yes, in how many weekend tournaments per year does your team(s) participate? _____

Questionnaire 3: Goals

Think of a time when you felt most successful in your sport. Indicate the extent to which that feeling of success occurred when...

	<i>strongly disagree</i>		<i>neutral</i>		<i>strongly agree</i>
I did better than my friends	1	2	3	4	5
Something I learned made me want to go and practice more	1	2	3	4	5
Others didn't do as well as I did	1	2	3	4	5
The skill that I learned really felt right	1	2	3	4	5
I was the best	1	2	3	4	5
I did my very best	1	2	3	4	5
I was the only one who could do the play or skill	1	2	3	4	5
I worked really hard	1	2	3	4	5
Others messed up and I didn't	1	2	3	4	5
I learned a new skill and it made me want to practice more	1	2	3	4	5
I scored the most	1	2	3	4	5
I learned something that was fun to do	1	2	3	4	5

Questionnaire 4: Satisfaction

I feel things have gone well in my sport when...

	<i>strongly disagree</i>			<i>neutral</i>		<i>strongly agree</i>
Others tell me I have performed well	1	2	3	4	5	
I make some good friends on the team	1	2	3	4	5	
I belong to the popular group on the team	1	2	3	4	5	
My teammates and I have a laugh together	1	2	3	4	5	
I am the center of attention	1	2	3	4	5	
I make new friends whom I socialize with outside of sports	1	2	3	4	5	
I have fun with others on my team	1	2	3	4	5	
I am part of the “in” crowd	1	2	3	4	5	
Other people think I’m really good at my sport	1	2	3	4	5	
I receive recognition from others for my accomplishments	1	2	3	4	5	
Spending time with other players is enjoyable	1	2	3	4	5	
I become friends with some of the others in my sport	1	2	3	4	5	
Others are impressed by my sporting ability	1	2	3	4	5	
I am one of the more popular players	1	2	3	4	5	
Just hanging out with the others is fun	1	2	3	4	5	

Questionnaire 5: Parents

How involved is your mother/father with your sport participation?

	<i>not at all involved</i>			<i>moderately involved</i>			<i>very involved</i>
Mother	1	2	3	4	5	6	7
Father	1	2	3	4	5	6	7

Do you think your mother/father is involved way too little or way too much?

	<i>way too little</i>			<i>involved just right</i>			<i>way too much</i>
Mother	1	2	3	4	5	6	7
Father	1	2	3	4	5	6	7

How much fun has your mother/father created for you when playing your sport?

	<i>none</i>			<i>a moderate amount</i>			<i>a lot</i>
Mother	1	2	3	4	5	6	7
Father	1	2	3	4	5	6	7

How much stress has your mother/father created for you when playing your sport?

	<i>none</i>			<i>a moderate amount</i>			<i>a lot</i>
Mother	1	2	3	4	5	6	7
Father	1	2	3	4	5	6	7

I feel that my mother...

	<i>strongly disagree</i>		<i>neutral</i>		<i>strongly agree</i>
Is satisfied when I improve after hard effort	1	2	3	4	5
Is satisfied when I learn something new	1	2	3	4	5
Pays attention to whether I am improving my skills	1	2	3	4	5
Views making mistakes as part of learning	1	2	3	4	5
Values my learning one thing before teaching me another	1	2	3	4	5
Worries about my failing	1	2	3	4	5
Worries about my failing because it is negative	1	2	3	4	5
Makes me afraid to make mistakes	1	2	3	4	5
Feels badly when I can't do as well as others	1	2	3	4	5
Worries about me performing skills I'm not good at	1	2	3	4	5
Is satisfied when I achieve without trying hard	1	2	3	4	5
Is satisfied when I win without effort	1	2	3	4	5
Believes I should achieve a lot without much effort	1	2	3	4	5
Thinks it important for me to win without trying hard	1	2	3	4	5

I feel that my father...

	<i>strongly disagree</i>		<i>neutral</i>		<i>strongly agree</i>
Is satisfied when I improve after hard effort	1	2	3	4	5
Is satisfied when I learn something new	1	2	3	4	5
Pays attention to whether I am improving my skills	1	2	3	4	5
Views making mistakes as part of learning	1	2	3	4	5
Values my learning one thing before teaching me another	1	2	3	4	5
Worries about my failing	1	2	3	4	5
Worries about my failing because it is negative	1	2	3	4	5
Makes me afraid to make mistakes	1	2	3	4	5
Feels badly when I can't do as well as others	1	2	3	4	5
Worries about me performing skills I'm not good at	1	2	3	4	5
Is satisfied when I achieve without trying hard	1	2	3	4	5
Is satisfied when I win without effort	1	2	3	4	5
Believes I should achieve a lot without much effort	1	2	3	4	5
Thinks it important for me to win without trying hard	1	2	3	4	5

Questionnaire 6: Participation

Rate how important each reason is to you for participating in sport.

Reason for participating:	<i>not at all important</i>	2	<i>somewhat important</i>	4	<i>very important</i>
I want to improve my skills	1	2	3	4	5
I want to be with my friends	1	2	3	4	5
I like to win	1	2	3	4	5
I want to get rid of energy	1	2	3	4	5
I like to travel	1	2	3	4	5
I want to stay in shape	1	2	3	4	5
I like the excitement	1	2	3	4	5
I like the teamwork	1	2	3	4	5
My parents or close friends want me to play	1	2	3	4	5
I want to learn new skills	1	2	3	4	5
I like to meet new friends	1	2	3	4	5
I like to do something that I'm good at	1	2	3	4	5
I want to release tension	1	2	3	4	5
I like the rewards	1	2	3	4	5
I like to get exercise	1	2	3	4	5
I like to have something to do	1	2	3	4	5
I like the action	1	2	3	4	5
I like the team spirit	1	2	3	4	5
I like to get out of the house	1	2	3	4	5
I like to compete	1	2	3	4	5
I like to feel important	1	2	3	4	5
I like being on a team	1	2	3	4	5
I want to go on to a higher level	1	2	3	4	5
I want to be physically fit	1	2	3	4	5
I want to be popular	1	2	3	4	5
I like the challenge	1	2	3	4	5
I like the coaches or instructors	1	2	3	4	5
I want to gain status or recognition	1	2	3	4	5
I like to have fun	1	2	3	4	5
I like to use the equipment or facilities	1	2	3	4	5