

Athlete-Driven Profiling: Senior gymnasts

To help you complete this profile, go to <http://www.sportscotland.org.uk/sisport/talent/>, and here you will find a 2 minute video called 'How can a pen and paper make you a better athlete', and a supporting document which will give you some ideas about what you could include. Take some time to think about the questions being asked in the document and answer them honestly.

What would you like to achieve in gymnastics?			
List ALL the skills you need to be good at in order to achieve your goal			
List the 4 things below which you feel YOU need to work on the most	The plan: What will you do to improve in each area?	How will you measure if you are improving in each area?	Reflection: after every session and competition, ask yourself....
1.			
2.			<p>Did I really challenge myself today?</p> <p>If something went wrong, how did I try and fix it?</p>
3.			<p>Did I use the feedback I was given to try and improve?</p> <p>Did I take responsibility for making sure I performed well?</p>
4.			