

Athlete-driven profiling: club gymnast

To help you complete your profile and give you some ideas about what you can include, watch the videos *Athlete Profiling* and *How can a pen and paper make you a better athlete?* Take time to think about the questions and answer them honestly. You'll find them in the performance section of the [Scottish Gymnastics website](#)



WHAT WOULD YOU LIKE TO ACHIEVE IN GYMNASTICS



LIST ALL THE SKILLS YOU NEED TO BE GOOD AT TO ACHIEVE YOUR GOAL

LIST THE FOUR THINGS WHICH YOU FEEL YOU NEED TO WORK ON THE MOST

- 1
- 2
- 3
- 4

REFLECTION

After every session and competition, ask yourself...



Did I really challenge myself today?

If something went wrong, how did I try and fix it?

Did I use the feedback I was given to try and improve?

Did I take responsibility for making sure I performed well?