

Questionnaire

Please read and respond to the following questions. If there are any questions that you don't want to answer, please leave them blank.

Sex: Male/ Female

Date of your Birth (DD/MM/YYYY): ____ / ____ / ____

Which of the following would you say best describes your ethnic group? (Please circle one only)

White

- 1. English / Welsh / Scottish / Northern Irish / British
- 2. Irish
- 3. Gypsy or Irish Traveller
- 4. Any other White background, please describe

Mixed / Multiple ethnic groups

- 5. White and Black Caribbean
- 6. White and Black African
- 7. White and Asian
- 8. Any other Mixed / Multiple ethnic background, please describe

Asian / Asian British

- 9. Indian
- 10. Pakistani

11. Bangladeshi

12. Chinese

13. Any other Asian background, please describe

Black / African / Caribbean / Black British

14. African

15. Caribbean

16. Any other Black / African / Caribbean background, please describe

Other ethnic group

17. Arab

18. Any other ethnic group, please describe

What is the name of the club you are a member of?

How long in years have you been a member of this club?

_____ Years

How would you describe the standard at which you shoot? (Please circle one only)

Fun, Club, Area, County, Regional, Country

What is your rank in the club (out of how many people)?

_____ Out of _____

What is your Last competition score?

What is your average score from the season so far?

What is your personal best score for the season so far?

What is your all time personal best score?

Section A: The following questions are about the 15-minute preparation time before a competition. Please circle your answers where applicable.

On average how many shots do you take? _____

Do you take the same number of shots at all competitions? Yes / No

Do you dry fire in your preparation time? Yes / No

If yes, how many times on average do you dry fire? _____

Do you always take the same number of dry fire shots at all competitions? Yes / No

Do you imagine taking shots? Yes / No

If yes, how many shots do you imagine taking? _____

Do you always imagine the same number of shots at all competitions? Yes / No

Do you have and follow a set routine? Yes / No

If yes please explain it as best as possible:

What do you feel you gain from your pre-performance preparation?

Section B: Each of the following items describes a specific situation that you may encounter during a 10m pistol shooting competition. Please rate how frequently these situations apply to you on the following scale (1 = Never to 5 = Always):

		Never	Rarely	Sometimes	Often	Always
1	I talk positively to get the most out of competitions	1	2	3	4	5
2	I manage self-talk effectively in competitions	1	2	3	4	5
3	I say things to help my competitive performance	1	2	3	4	5
4	I use specific cue words or phrases to help my performance	1	2	3	4	5
5	My emotions get out of control under pressure	1	2	3	4	5
6	I have difficulty with my emotions at competitions	1	2	3	4	5
7	I have difficulty controlling my emotions if I make a mistake when competing	1	2	3	4	5
8	My emotions keep me from performing my best at competitions	1	2	3	4	5
9	I am able to trust my body to perform the necessary skills while competing	1	2	3	4	5
10	I am sufficiently prepared for competitions to be able to perform on automatic pilot	1	2	3	4	5
11	I allow whole skills or movements to happen naturally without concentrating on each part	1	2	3	4	5
12	I am unable to perform skills without consciously thinking about them	1	2	3	4	5
13	I set personal performance goals	1	2	3	4	5
14	I set very specific goals for competition	1	2	3	4	5

15	I evaluate whether I achieve competition goals	1	2	3	4	5
16	I set specific result goals	1	2	3	4	5
17	I rehearse my competitive performance in my mind	1	2	3	4	5
18	I imagine my competitive routine before I do it	1	2	3	4	5
19	I rehearse the feel of my performance in my imagination	1	2	3	4	5
20	I visualize my competition going exactly the way I want it	1	2	3	4	5
21	I can get myself “up” if I feel flat	1	2	3	4	5
22	I can psych myself to perform well for competitions	1	2	3	4	5
23	I can get my intensity levels just right for competitions	1	2	3	4	5
24	I can get myself ready to perform	1	2	3	4	5
25	I use relaxation techniques to improve performance	1	2	3	4	5
26	I use relaxation techniques as a coping strategy	1	2	3	4	5
27	If I’m starting to “lose it”, I use a relaxation technique	1	2	3	4	5
28	I relax myself to get ready to perform	1	2	3	4	5
29	My self-talk is negative during competitions	1	2	3	4	5
30	I have thoughts of failure during competitions	1	2	3	4	5
31	I imagine screwing up during competitions	1	2	3	4	5
32	Visual distractions would affect my performance	1	2	3	4	5
33	Environmental conditions affect my performance	1	2	3	4	5
34	My performance would be impaired by sleep loss	1	2	3	4	5
35	Loud noises would not affect my performance	1	2	3	4	5

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