

EXTRA QUESTIONS
&
SELF-REFLECTION

MENTAL TOUGHNESS & MOTIVATION

- Describe a moment when you felt like quitting. What kept you going?
- How do you handle performing when you're having an off day, but your team needs you to show up?
- Why did you start playing your sport, and why do you continue to play?
- What is the biggest sacrifice you've made to succeed in your sport?
- What is your strongest asset, and what is your weakest?

LEADERSHIP & TEAM DYNAMICS

- Tell me about a time when you had to step up as a leader, even if you didn't feel ready.
- Does your motivation come more from self-focus or team focus?
- How do you deal with, or help, a teammate who is struggling?

REFLECTIVE & GROWTH-ORIENTED

- What is your proudest achievement as an athlete?
- How do you deal with injuries or setbacks?
- What do you believe to be one of your weaknesses, and what are you doing to improve it?
- What's a piece of advice you'd give your younger self?

PRE-GAME & PERFORMANCE PREP

- What does your pre-game routine include to prepare your mind and body?
- What does your "best game" look and feel like?
- How do you manage your emotions before and during a game?
- What can I control in my environment, and what is "noise" I should ignore?
- What do others see when I play with confidence?
- What is my ideal intensity level, and how can I achieve it?