INTERNATIONAL CHEER UNION
ATHLETE QUESTIONNAIRE

A. General Athlete Information

1. Athlete’s name
_________________________________________________________________________________________________

2. Athlete’s email address ________________________________________________________________

3. Country Represented___________________________________________________________

4. Continent_______________________________________________________________

5. Age___________ Birthdate (dd/mm/year)__________________________________________

6. Gender: Female Male

7. Do you have any of the following?

   Facebook Name / Account YES________ NO ____________

   SKYPE Address YES________ NO ____________

   TWITTER address YES________ NO ____________

   Instagram Address YES________ NO ____________

   SnapChat Address YES________ NO ____________

B. Cheerleading Experience

1. Number of years in Cheerleading ______________

2. Number of years in Cheer Dance ______________
3. Where do you cheer: National team _____, University team _____,
   School team_____, Club team_____, All Star team_____, Rec team_____,
   STUNT team_____, Other__________ (check all that apply)

4. Years of Competitive Cheer Experience: _________________________________

5. Years of Game Cheerleading experience: ________________________________

6. Years of Cheer Dance experience: _________________________________

C. General Information - Check the answer that is most correct or
   best describes your personal opinion

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes/Agree</th>
<th>Maybe</th>
<th>No/Disagree</th>
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<tbody>
<tr>
<td>Did you compete in the 2014 ICU World Championships?</td>
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<td>Was this your only ICU Worlds Championship experience?</td>
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<td>Did the ICU World Championships meet your expectations?</td>
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<td>Would you rate the ICU World Championships as the best Cheerleading event you ever experienced?</td>
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<tr>
<td>Do you know or understand what is the ICU?</td>
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<td>Do you receive communications about Cheer from your National Federation?</td>
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<td>Do you have an understanding of the Olympic Movement and the goals set forth for Cheerleading?</td>
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<td>Do you have an understanding of the World Anti-Doping Agency (WADA) and what it does?</td>
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<td>Have you received any information about WADA from your National Federation?</td>
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<tr>
<td>Would you like to receive more information about the ICU, the Olympic movement and international sport?</td>
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<td>Would you like to see a more active Social Media movement in the Sport of Cheerleading?</td>
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<td>Would you be interested in having a website dedicated to International Cheer Athletes?</td>
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Would you be interested in learning more about the Athletes Council of the ICU?  

If you were offered the opportunity, would you like to serve on the Athletes Council of the ICU?

Do you feel it would be important for Cheerleading to eventually be added to the Olympic program?

Do you plan to continue your career in Cheer in some capacity after you finish competing in Cheer?

Would you like to be a Cheerleading Coach?

Would you like to be a Cheerleading Judge?

Would you like to work for your National Federation or work with the ICU?

D. Cheerleading Specific Information - Check the answer that is most correct or best describes your personal opinion

<table>
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<tr>
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<th>Yes/Agree</th>
<th>Maybe</th>
<th>No/Disagree</th>
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<td>Do you like the competition format currently being used in ICU World events?</td>
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<td>Do you feel that at the World Championships, that Cheerleading is judged accurately and fairly?</td>
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<td>Do you feel confident in the ability of the judges that judge the ICU World Championships?</td>
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<td>Do you feel there needs to be more judges education?</td>
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<td>Do you have a basic understanding of Cheerleading Judging and Cheerleading Score Sheet?</td>
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<tr>
<td>Do you feel there needs to be more coaches education?</td>
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<td>Do you feel that enough attention is given to safety in Cheerleading?</td>
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<td>Do you feel the Cheerleading rules allow you and your team to be creative, innovative and experiential?</td>
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<td>Do you feel your coaches are given the proper support, education and are able to coach at a World-class level?</td>
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<td>Would you be interested in attending a Cheerleading Education course, clinic or camp?</td>
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<tr>
<td>Would you be interested in attending specialty training Programs on specific areas of Cheerleading? (Stunting, Tumbling, Pyramids, Baskets, etc.)</td>
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E. Athlete Sport to Professional Development Information
Please mention the life skills that you are/have been able to transfer from Cheerleading to a professional life after Cheerleading  (Rank the following as 1. Most Important  2. Somewhat important  3. Not important)

_____1 No particular skill

_____2 Ability to perform under press

_____3 Team work skills

_____4 Ability to set goals/meet deadlines / strategic planning

_____5 Dedication and perseverance

_____6 Self-motivation

_____7 Patience

_____8 Personal Enjoyment and Social development

_____9 Ability to recognize my limitations

_____10 Leadership

F. Athlete Professional Development Support Information
On which of the topics listed below would you like the ICU Athlete Commission to provide you with information and support?  (Check all that apply)

_____1 Health and Nutrition

_____2 The ICU Anti-Doping Program

_____3 Financial Planning

_____4 Time management

_____5 Educational Opportunities

_____6 Cheer Coaches Education

_____7 Cheer Judging Education

_____8 Stress Management
____ 9 Goal setting
____ 10 Career Planning
____ 11 others, please specify _____________________________________________

G. Cheerleading Athlete Education Development
According to your experience, which form of education is best suited for planning your career after sport while still being an athlete? (choose 1)

____ 1 Full-time academic training
____ 2 Part time academic training
____ 3 Distance education
____ 4 E-learning
____ 5 No particular education before the end of the sports career

H. Cheerleading Athlete Career Transition & Development

1. Who offers/offered the greatest support in your career planning (By Rank, Please list in order - First second and third, etc... 1, 2, 3, 4, & 5)

____ 1 No Support
____ 2 Family (parents)
____ 3 Family (partner)
____ 4 Friends
____ 5 Sport-related network
____ 6 Coach
____ 7 Professional network
____ 8 School and/or university
____ 9 Career advisers
____ 10 National Olympic Committee / National Sport Authority
____ 12 National Cheer Federation
2. When would you recommend to any athlete is the best time to start planning your career? (Choose 1 answer)
   
   _____ 1 Before an athlete becomes very involved with their sport
   
   _____ 2 While the athlete is very involved in their sport
   
   _____ 3 Near the end of an athlete’s involvement in their sport

3. Do you feel comfortable speaking about career transition from sport to professional life?
   
   ______ 1 Comfortable
   
   ______ 2 Not comfortable

4. Would you feel more comfortable competing as an athlete if you had a clear view of what you might do after your sports career?
   
   ______ 1 Yes
   
   ______ 2 No

5. What do you expect the major challenges to be when considering transitioning to spending more time on a career? (Choose the 3 most relevant)
   
   ______ 1 Coming to terms with the loss of social attention (public, media)
   
   ______ 2 Being confronted with the lack of precise professional goals/an uncertain future
   
   ______ 3 Receiving no significant support from the sports world
   
   ______ 4 Academic training/education opportunities, including financial
   
   ______ 5 Feeling incompetent/unaware in any other field beyond the athletic domain
   
   ______ 6 Dealing with unrealistic personal expectations about life after sport
7. Being afraid to lose control of my body fitness (or shape)

8. Coming to terms with difficult emotions (sadness, helplessness, anger, etc.)

9. Other challenges:________________________________________________________

6. Which of the below still need to be further developed and you would like to see offered by the ICU Athlete Commission?  (Choose 3 most relevant)

1. Identify assets/sport skills that are transferable to the labor market
2. Refer to a local network to develop professional skills
3. Help identify professional goals
4. Provide useful contacts in the job market
5. Draft a resume
6. Job hunting
7. Interview preparation
8. Provide a support network

7. Through which of the communication channels listed below would you prefer to be approached in order to find information on this theme?  (Rank in your preferred order, First, Second, Third – 1, 2, 3, )

1. ICU Website
2. National Cheer Federation Website
3. ICU Internet/newsletters, website page/factsheets
4. Text message (SMS)
5. Letters
6. Books including advice, tips and tricks, athlete stories/commentary, etc.
7. Face-to-face discussion
8. During competition (booth in competition venue)
9. Hotline (phone) or SKYPE
I. **Personal & Confidential**

Would like you to have a “HOTLINE” or “SECURED WEBSITE” that would allow you to report or discuss issues that are either private or of a personal nature?

YES_______________ NO_______________

Do you have concerns about abuse, sexual harassment, or other personal issues that you are concerned about and feel the Athletes Council needs to be aware of or address?

YES_______________ NO_______________

Do you have any issues that you feel the ICU needs to be aware of that are of grave concern to you about Cheer and its environment?

YES_______________ NO_______________

**PRIVACY AND CONFIDENTIALITY STATEMENT**

_____ I herewith agree to provide accurate, current and complete information about myself. I hereby authorize the ICU to post information about myself contained in this questionnaire in whole or in part, on the IOC’s public website or on print or electronic media for the promotion of the ICU Athlete’s Career Program. I understand that the information will not be used by the ICU for any other purposes than stated above without my written authorization. In understand that the information may be downloaded, used, reproduced and/or altered without consent by unknown users of the ICU website and that is beyond the ICU’s control. I hereby release the ICU of any and all liability arising from such downloading, use, reproduction or alteration.

_____I want this interview/completed form to remain private and agree that the ICU uses my information for statistical purposes only.