

# 'About Me' Profiles



## Why do we use 'About Me' Profiles?

'About Me' Profiles are used for your coaches to get to know you.

They help us understand things you enjoy, don't enjoy, and how we can best support you. We use this information to help us create a fun environment, and know how to make a sport experience you will enjoy.

## Who should fill the Profile in?

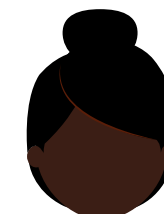
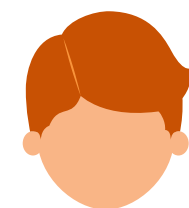
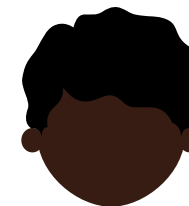
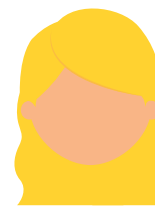
We encourage participants to complete the profile, with the support of their parent/guardian/support worker where necessary.

There may be additional notes beyond the questions which a parent/guardian/support worker may think will help us know how to make the best environment. Please feel free to add extra notes alongside the profile if this is the case.

## How to fill in the Profile?

This profile is yours to express however you would like. You could choose to use words, drawings, or find other ways to express your answers.

You may like to print this out, or fill it in from laptop or tablet. You could even make your own one by using the questions on a different piece of paper, and design however you feel like.



# About Me

My name is...

I like to be called...

I am...

... years old

Some other things you should know about me...

I enjoy.....

I am good at...

Things that make it easier for me to be involved...

I don't enjoy....

I find these things difficult...

If I get upset, things that will help me feel better...