



## Introduction

**Thank you for taking the time to complete this survey.**

**Please enter your name and e-mail address below.**

First Name

Last Name

Maiden Name

E-mail Address

**Please select your current age.**

**Please select your gender.**

- Male  
 Female

**Please select the primary race you identify with.**

- American Indian or Alaska Native  
 Asian  
 Black or African American  
 Native Hawaiian or Other Pacific Islander  
 White  
 Prefer not to answer

**Please select the primary ethnicity you identify with.**

- Hispanic or Latino  
 Not Hispanic or Latino  
 Prefer not to answer

**Please enter the name of the High School you attended.**

**If you attended more than one High School, please enter the High School at which you spent more time.**

**In what year did you graduate High School?**

**Now we're going to ask you questions related to sports participation.**

### **Grades K-6**

**Please select all sports that you participated in on an organized team at any time from Kindergarten through 6th Grade.**

**If a sport you participated in is not listed, you may select "Other Sport" and type in up to three other sports.**

**If you did not participate in any sports, please select "None."**

- None
- American Flag Football
- American Tackle Football
- Baseball
- Basketball

- Cheerleading
- Cross Country
- Field Hockey
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Water Polo
- Wrestling
- Other Sport 1
- Other Sport 2
- Other Sport 3

**Did you have any physical limitations that prevented you from playing on an organized sports team from Kindergarten through Grade 6?**

- Yes
- No
- I prefer not to answer

**Note. The following questions are in regards to your participation in sports from Kindergarten through Grade 6.**

**In which grades did you play baseball? You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in baseball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above.

**On average, how many hours per week did you spend practicing baseball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours

- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in baseball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played baseball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you play basketball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in basketball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above.

**On average, how many hours per week did you spend practicing basketball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in basketball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Guard
- Forward
- Center
- Other
- None of the above



**Please select all that apply in regards to the types of leagues you played basketball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cheerleading? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I traveled for cheerleading tournaments.
- My team won a cheerleading tournament.

None of the above

**On average, how many hours per week did you spend practicing cheerleading? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**Please select all that apply in regards to your participation in cross country. You may provide your best estimate if you are not exactly sure.**

- I traveled for meets or tournaments.

- I or my team won a tournament.
- None of the above

**In which grades did you participate in cross country? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**On average, how many hours per week did you spend practicing cross country with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in cross country meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cross country. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in field hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in field hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing field hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in field hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played field hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American tackle football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1

- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in American tackle football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American tackle football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American tackle football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American tackle football in. You may provide your best estimate if you are not exactly sure.**



- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American flag football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in American flag football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American flag football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American flag football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End

- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American flag football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in golf? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3

- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in golf. You may provide your best estimate if you are not exactly sure.**

- My team traveled for matches or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing golf with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in golf matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played golf in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in gymnastics? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in gymnastics. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing gymnastics with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in gymnastics meets?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in gymnastics. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school

Other

None of the above

**In which grades did you participate in ice hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

Kindergarten

Grade 1

Grade 2

Grade 3

Grade 4

Grade 5

Grade 6

**Please select all that apply in regards to your participation in ice hockey. You may provide your best estimate if you are not exactly sure.**

My team traveled for games or tournaments.

My team participated in playoffs.

My team won a championship.

None of the above

**On average, how many hours per week did you spend practicing ice hockey with the team? You may provide your best estimate if you are not exactly sure.**

1-4 hours

- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in ice hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played ice hockey in. You may provide your best estimate if you are not exactly sure.**



- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in lacrosse? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in lacrosse. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing lacrosse with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in lacrosse games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Midfielder
- Attacker
- Goalie
- Defenseman
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played lacrosse in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in rugby? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in rugby. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.

None of the above

**On average, how many hours per week did you spend practicing rugby with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in rugby games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Forward
- Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played rugby in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in soccer? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in soccer. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.

None of the above

**On average, how many hours per week did you spend practicing soccer with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in soccer games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Fullback
- Center Back
- Defending/Holding Midfielder

- Midfielder/Winger
- Central/Box-to-Box Midfielder
- Striker
- Attacking Midfielder/Playmaker
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played soccer in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in softball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in softball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing softball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in softball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours



**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played softball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in swimming? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3

- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in swimming. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing swimming with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in swim meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours

20+ hours

**Please select all that apply in regards to the types of leagues you participated in swimming. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in tennis? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in tennis. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing tennis with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in tennis matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played tennis in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school

- I participated in a club, recreational, or intramural league outside of school
- Non-school, Travel League
- Other
- None of the above

**In which grades did you participate in track and field? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in track and field. You may provide your best estimate if you are not exactly sure.**

- I or my team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing track and field with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in track and field meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in track and field. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in volleyball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in volleyball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing volleyball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in volleyball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Front
- Middle Front
- Left/right Back
- Middle Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played volleyball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school



Other

None of the above

**In which grades did you participate in water polo? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

Kindergarten

Grade 1

Grade 2

Grade 3

Grade 4

Grade 5

Grade 6

**Please select all that apply in regards to your participation in water polo. You may provide your best estimate if you are not exactly sure.**

My team traveled for games or tournaments.

My team participated in playoffs.

My team won a championship.

None of the above

**On average, how many hours per week did you spend practicing water polo with the team? You may provide your best estimate if you are not exactly sure.**

1-4 hours

- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in water polo matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Defensive Specialist
- Driver
- Two-Meter Specialist
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played water polo in. You may provide your best estimate if you are not exactly**

**sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in wrestling? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in wrestling. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing wrestling with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in wrestling matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in wrestling. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other

None of the above

**In which grades did you participate in  $\{q://QID8/ChoiceTextEntryValue/21\}$ ?  
Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation  
in  $\{q://QID8/ChoiceTextEntryValue/21\}$ . You may provide your best estimate  
if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend  
practicing  $\{q://QID8/ChoiceTextEntryValue/21\}$  with the team? You may  
provide your best estimate if you are not exactly sure.**

1-4 hours

- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID8/ChoiceTextEntryValue/21\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID8/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID8/ChoiceTextEntryValue/21\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league

- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID8/ChoiceTextEntryValue/22\}$ ?  
Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation in  $\{q://QID8/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID8/ChoiceTextEntryValue/22\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID8/ChoiceTextEntryValue/22\}$  games?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID8/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID8/ChoiceTextEntryValue/22\}$  in. You may provide your best**



**estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID8/ChoiceTextEntryValue/23\}$ ?  
Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5
- Grade 6

**Please select all that apply in regards to your participation  
in  $\{q://QID8/ChoiceTextEntryValue/23\}$ . You may provide your best  
estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID8/ChoiceTextEntryValue/23\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID8/ChoiceTextEntryValue/23\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID8/ChoiceTextEntryValue/23\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID8/ChoiceTextEntryValue/23\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**Please detail your participation in any other regular athletic participation outside of an organized team from Kindergarten through Grade 6.**

## **Grades 7-8**

**Please select all sports that you participated in on an organized team at any time during Grade 7 or Grade 8.**

**If a sport you participated in is not listed, you may select "Other Sport" and type in up to three other sports.**

**If you did not participate in any sports, please select "None."**

- None
- American Flag Football
- American Tackle Football
- Baseball
- Basketball
- Cheerleading
- Cross Country
- Field Hockey
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Water Polo
- Wrestling
- Other Sport 1
- Other Sport 2
- Other Sport 3

**Did you have any physical limitations that prevented you from playing on an organized sports team in Grade 7 and/or Grade 8?**

- Yes
- No
- I prefer not to answer

**Note. The following questions are in regards to your participation in sports in Grade 7 and Grade 8.**

**In which grades did you play baseball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in baseball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing baseball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in baseball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played baseball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you play basketball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in basketball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing basketball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in basketball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Guard
- Forward
- Center
- Other
- None of the above



**Please select all that apply in regards to the types of leagues you played basketball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cheerleading? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I traveled for cheerleading tournaments.
- My team won a cheerleading tournament.
- None of the above

**On average, how many hours per week did you spend practicing cheerleading? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cross country? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in cross country. You may provide your best estimate if you are not exactly sure.**

- I traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing cross country with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in cross country meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cross country. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in field hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in field hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing field hockey with the team? You may provide your best estimate if you are not**

**exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in field hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played field hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American tackle football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in American tackle football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American tackle football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American tackle football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End

- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American tackle football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American flag football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8



**Please select all that apply in regards to your participation in American flag football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American flag football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American flag football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American flag football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other

None of the above

**In which grades did you participate in golf? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

Grade 7

Grade 8

**Please select all that apply in regards to your participation in golf. You may provide your best estimate if you are not exactly sure.**

My team traveled for matches or tournaments.

I or my team won a tournament.

None of the above

**On average, how many hours per week did you spend practicing golf with the team? You may provide your best estimate if you are not exactly sure.**

1-4 hours

5-9 hours

10-14 hours

15-19 hours

20+ hours

**On average, how many hours per week did you spend participating in golf matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in golf. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in gymnastics? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in gymnastics. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.

- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing gymnastics with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in gymnastics meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in gymnastics. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league

- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in ice hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in ice hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing ice hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in ice hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played ice hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league

- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in lacrosse? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in lacrosse. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing lacrosse with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours



- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in lacrosse games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Midfielder
- Attacker
- Goalie
- Defenseman
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played lacrosse in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league

- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in rugby? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in rugby. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing rugby with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in rugby games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Forward
- Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played rugby in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in soccer? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in soccer. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing soccer with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in soccer games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Fullback
- Center Back
- Defending/Holding Midfielder
- Midfielder/Winger
- Central/Box-to-Box Midfielder
- Striker
- Attacking Midfielder/Playmaker
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played soccer in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league

- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in softball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in softball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing softball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours

20+ hours

**On average, how many hours per week did you spend playing in softball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played softball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school

- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in swimming? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in swimming. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing swimming with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours



**On average, how many hours per week did you spend participating in swim meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in swimming. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in tennis? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in tennis. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing tennis with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in tennis matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played tennis in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in track and field? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in track and field. You may provide your best estimate if you are not exactly sure.**

- I or my team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing track and field with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in track and field meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in track and field. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in volleyball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

Grade 7 Grade 8

**Please select all that apply in regards to your participation in volleyball. You may provide your best estimate if you are not exactly sure.**

 My team traveled for games or tournaments. My team participated in playoffs. My team won a championship. None of the above

**On average, how many hours per week did you spend practicing volleyball with the team? You may provide your best estimate if you are not exactly sure.**

 1-4 hours 5-9 hours 10-14 hours 15-19 hours 20+ hours

**On average, how many hours per week did you spend playing in volleyball games? You may provide your best estimate if you are not exactly sure.**

 1-4 hours 5-9 hours 10-14 hours

- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Front
- Middle Front
- Left/right Back
- Middle Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played volleyball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in water polo? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in water polo. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing water polo with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in water polo matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Defensive Specialist
- Driver
- Two-Meter Specialist
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played water polo in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in wrestling? Please select all that apply. You may provide your best estimate if you are not exactly sure.**



- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in wrestling. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing wrestling with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in wrestling matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours

20+ hours

**Please select all that apply in regards to the types of leagues you participated in wrestling. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID113/ChoiceTextEntryValue/21\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in  $\{q://QID113/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.

None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID113/ChoiceTextEntryValue/21\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID113/ChoiceTextEntryValue/21\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID113/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID113/ChoiceTextEntryValue/21\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID113/ChoiceTextEntryValue/22\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in  $\{q://QID113/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID113/ChoiceTextEntryValue/22\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID113/ChoiceTextEntryValue/22\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID113/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID113/ChoiceTextEntryValue/22\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID113/ChoiceTextEntryValue/23\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 7
- Grade 8

**Please select all that apply in regards to your participation in  $\{q://QID113/ChoiceTextEntryValue/23\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID113/ChoiceTextEntryValue/23\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID113/ChoiceTextEntryValue/23\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID113/ChoiceTextEntryValue/23\}$ .**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID113/ChoiceTextEntryValue/23\}$  in. You may provide your**

**best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**Please detail your participation in any other regular athletic participation outside of an organized team in Grade 7 and/or Grade 8.**

**Grades 9-12**

**Please select all sports that you participated in on an organized team at any time during High School (Grade 9 through Grade 12).**

**If a sport you participated in is not listed, you may select "Other Sport" and type in up to three other sports.**

**If you did not participate in any sports, please select "None."**



- None
- American Flag Football
- American Tackle Football
- Baseball
- Basketball
- Cheerleading
- Cross Country
- Field Hockey
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Water Polo
- Wrestling
- Other Sport 1
- Other Sport 2
- Other Sport 3

**Did you have any physical limitations that prevented you from playing on an organized sports team in High School (Grade 9 through Grade 12)?**

- Yes
- No
- I prefer not to answer

**Note. The following questions are in regards to your participation in sports in High School (Grade 9 through Grade 12).**

**In which grades did you play baseball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in baseball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing baseball with the team? You may provide your best estimate if you are not exactly**

**sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in baseball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played baseball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you play basketball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in basketball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing basketball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in basketball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Guard
- Forward
- Center
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played basketball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cheerleading? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I traveled for cheerleading tournaments.
- My team won a cheerleading tournament.
- None of the above

**On average, how many hours per week did you spend practicing cheerleading? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cross country? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in cross country. You may provide your best estimate if you are not exactly sure.**

- I traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing cross country with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in cross country meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours



**Please select all that apply in regards to the types of leagues you participated in cross country. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in field hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in field hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing field hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in field hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other

None of the above

**Please select all that apply in regards to the types of leagues you played field hockey in. You may provide your best estimate if you are not exactly sure.**

- School LeagueI participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American tackle football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in American tackle football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.

- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American tackle football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American tackle football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback

- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American tackle football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American flag football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in American flag football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American flag football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American flag football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American flag football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in golf? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in golf. You may provide your best estimate if you are not exactly sure.**

- My team traveled for matches or tournaments.
- I or my team won a tournament.
- None of the above



**On average, how many hours per week did you spend practicing golf with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in golf matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played golf in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in gymnastics? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in gymnastics. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing gymnastics with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in gymnastics meets?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in gymnastics. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in ice hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in ice hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing ice hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in ice hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played ice hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in lacrosse? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in lacrosse. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing lacrosse with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in lacrosse games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Midfielder
- Attacker
- Goalie
- Defenseman
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played lacrosse in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in rugby? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in rugby. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing rugby with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in rugby games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours



**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Forward
- Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played rugby in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in soccer? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in soccer. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing soccer with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in soccer games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Fullback
- Center Back
- Defending/Holding Midfielder
- Midfielder/Winger
- Central/Box-to-Box Midfielder
- Striker
- Attacking Midfielder/Playmaker
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played soccer in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in softball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in softball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing softball with the team?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in softball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played softball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in swimming? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in swimming. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing swimming with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in swim meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in swimming. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in tennis? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in tennis. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.

None of the above

**On average, how many hours per week did you spend practicing tennis with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in tennis matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played tennis in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school



Other

None of the above

**In which grades did you participate in track and field? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in track and field. You may provide your best estimate if you are not exactly sure.**

- I or my team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing track and field with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in track and field meets?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in track and field. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in volleyball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in volleyball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing volleyball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in volleyball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Front
- Middle Front
- Left/right Back
- Middle Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played volleyball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in water polo? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11

Grade 12

**Please select all that apply in regards to your participation in water polo. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing water polo with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in water polo matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours

20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Defensive Specialist
- Driver
- Two-Meter Specialist
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played water polo in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in wrestling? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in wrestling. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing wrestling with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in wrestling matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours

- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in wrestling. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID218/ChoiceTextEntryValue/21\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in  $\{q://QID218/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**



- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID218/ChoiceTextEntryValue/21\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID218/ChoiceTextEntryValue/21\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID218/ChoiceTextEntryValue/21\}$ . You may provide your best**

**estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID218/ChoiceTextEntryValue/21\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- Non of the above

**In which grades did you participate in  $\{q://QID218/ChoiceTextEntryValue/22\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in  $\{q://QID218/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID218/ChoiceTextEntryValue/22\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID218/ChoiceTextEntryValue/22\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID218/ChoiceTextEntryValue/22\}$ . You may provide your best**

**estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID218/ChoiceTextEntryValue/22\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID218/ChoiceTextEntryValue/23\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Grade 9
- Grade 10
- Grade 11
- Grade 12

**Please select all that apply in regards to your participation in  $\{q://QID218/ChoiceTextEntryValue/23\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID218/ChoiceTextEntryValue/23\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID218/ChoiceTextEntryValue/23\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID218/ChoiceTextEntryValue/23\}$ . You may provide your best**

**estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID218/ChoiceTextEntryValue/23\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**Please detail your participation in any other regular athletic participation outside of an organized team in High School (Grade 9 through Grade 12).**

**College**

**Please select all sports that you participated in on an organized team at any time during College.**

**If a sport you participated in is not listed, you may select "Other Sport" and type in up to three other sports.**

**If you did not participate in any sports, please select "None."**

- None
- American Flag Football
- American Tackle Football
- Baseball
- Basketball
- Cheerleading
- Cross Country
- Field Hockey
- Golf
- Gymnastics
- Ice Hockey
- Lacrosse
- Rugby
- Soccer
- Softball
- Swimming
- Tennis
- Track & Field
- Volleyball
- Water Polo
- Wrestling
- Other Sport 1

- Other Sport 2
- Other Sport 3

**Did you have any physical limitations that prevented you from playing on an organized sports team in College?**

- Yes
- No
- I prefer not to answer

**Note. The following questions are in regards to your participation in sports in College.**

**In which grades did you play baseball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in baseball. You may provide your best estimate if you are not exactly sure.**



- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing baseball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in baseball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher

- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played baseball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you play basketball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in basketball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing basketball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in basketball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Guard

- Forward
- Center
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played basketball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cheerleading? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in cheerleading. You may provide your best estimate if you are not exactly**

**sure.**

- I traveled for cheerleading tournaments.
- My team won a cheerleading tournament.

**On average, how many hours per week did you spend practicing cheerleading?**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cheerleading. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in cross country? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in cross country. You may provide your best estimate if you are not exactly sure.**

- I traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing cross country with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in cross country meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours

- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in cross country. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in field hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in field hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.

- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing field hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in field hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense



- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played field hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in American tackle football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in American tackle football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American tackle football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American tackle football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American tackle football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other

None of the above

**In which grades did you participate in American flag football? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in American flag football. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing American flag football with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in American flag football games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Quarterback
- Running Back
- Fullback
- Offensive Line
- Wide Receiver
- Tight End
- Defensive Line
- Linebacker
- Cornerback
- Safety
- Kicker/Punter
- Participation in kick off return
- Long Snapper
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played American flag football in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in golf? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in golf. You may provide your best estimate if you are not exactly sure.**

- My team traveled for matches or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing golf with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in golf matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played golf in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in gymnastics? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in gymnastics. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing gymnastics with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in gymnastics meets? You may provide your best estimate if you are not**



**exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in gymnastics. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in ice hockey? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in ice hockey. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing ice hockey with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in ice hockey games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Defense
- Left/right Wing
- Center
- Goalie
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played ice hockey in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in lacrosse? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in lacrosse. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing lacrosse with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in lacrosse games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Midfielder
- Attacker
- Goalie
- Defenseman
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played lacrosse in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in rugby? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in rugby. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing rugby with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in rugby games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Forward
- Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played rugby in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in soccer? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in soccer. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing soccer with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in soccer games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours



**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Fullback
- Center Back
- Defending/Holding Midfielder
- Midfielder/Winger
- Central/Box-to-Box Midfielder
- Striker
- Attacking Midfielder/Playmaker
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played soccer in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in softball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in softball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing softball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in softball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours

- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Pitcher
- Catcher
- Baseman/Shortstop
- Outfielder
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played softball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in swimming? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in swimming. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing swimming with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in swim meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours

- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in swimming. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in tennis? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in tennis. You may provide your best estimate if you are not exactly sure.**

- My team traveled for meets or tournaments.
- I or my team won a tournament.

None of the above

**On average, how many hours per week did you spend practicing tennis with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in tennis matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you played tennis in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school

Other

None of the above

**In which grades did you participate in track and field? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

Freshman

Sophomore

Junior

Senior

**Please select all that apply in regards to your participation in track and field. You may provide your best estimate if you are not exactly sure.**

I or my team traveled for meets or tournaments.

I or my team won a tournament.

None of the above

**On average, how many hours per week did you spend practicing track and field with the team? You may provide your best estimate if you are not exactly sure.**

1-4 hours

5-9 hours

10-14 hours

15-19 hours

20+ hours

**On average, how many hours per week did you spend participating in track and field meets? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in track and field. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in volleyball? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior



Senior

**Please select all that apply in regards to your participation in volleyball. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing volleyball with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in volleyball games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours

20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Left/right Front
- Middle Front
- Left/right Back
- Middle Back
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played volleyball in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in water polo? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman

- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in water polo. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing water polo with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in water polo matches? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours

- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all positions you played in. You may provide your best estimate if you are not exactly sure.**

- Goalkeeper
- Defensive Specialist
- Driver
- Two-Meter Specialist
- Other
- None of the above

**Please select all that apply in regards to the types of leagues you played water polo in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in wrestling? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in wrestling. You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- I or my team won a tournament.
- None of the above

**On average, how many hours per week did you spend practicing wrestling with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend participating in wrestling matches? You may provide your best estimate if**

**you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please select all that apply in regards to the types of leagues you participated in wrestling. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID323/ChoiceTextEntryValue/21\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in  $\{q://QID323/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID323/ChoiceTextEntryValue/21\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID323/ChoiceTextEntryValue/21\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID323/ChoiceTextEntryValue/21\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID323/ChoiceTextEntryValue/21\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID323/ChoiceTextEntryValue/22\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior



**Please select all that apply in regards to your participation in  $\{q://QID323/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID323/ChoiceTextEntryValue/22\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID323/ChoiceTextEntryValue/22\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID323/ChoiceTextEntryValue/22\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID323/ChoiceTextEntryValue/22\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**In which grades did you participate in  $\{q://QID323/ChoiceTextEntryValue/23\}$ ? Please select all that apply. You may provide your best estimate if you are not exactly sure.**

- Freshman
- Sophomore
- Junior
- Senior

**Please select all that apply in regards to your participation in  $\{q://QID323/ChoiceTextEntryValue/23\}$ . You may provide your best estimate if you are not exactly sure.**

- My team traveled for games or tournaments.
- My team participated in playoffs.
- My team won a championship.
- None of the above

**On average, how many hours per week did you spend practicing  $\{q://QID323/ChoiceTextEntryValue/23\}$  with the team? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**On average, how many hours per week did you spend playing in  $\{q://QID323/ChoiceTextEntryValue/23\}$  games? You may provide your best estimate if you are not exactly sure.**

- 1-4 hours
- 5-9 hours
- 10-14 hours
- 15-19 hours
- 20+ hours

**Please indicate the primary position you played while playing  $\{q://QID323/ChoiceTextEntryValue/23\}$ . You may provide your best estimate if you are not exactly sure.**

**Please select all that apply in regards to the types of leagues you played  $\{q://QID323/ChoiceTextEntryValue/23\}$  in. You may provide your best estimate if you are not exactly sure.**

- I participated in a competitive, school based league
- I participated in a competitive, non-school based league
- I participated in a club, recreational, or intramural league at school
- I participated in a club, recreational, or intramural league outside of school
- Other
- None of the above

**Please detail your participation in any other regular athletic participation outside of an organized team in College.**

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