



GET TO KNOW UNSTOPPABLE ME

CHALLENGER BASEBALL ATHLETE WELCOME WORKSHEET

Welcome to Challenger Baseball! Before you begin your season, your coach(es) and Buddy(ies) would like to get to know you better! By filling out this form, you'll help your team get to know you before you arrive at your first day of Challenger Baseball!

*Parents and/or Guardians may adapt this form as needed for their athlete

- 1 My name is _____.
- 2 I am ___ years old.
- 3 3 words I would use to describe myself are _____, _____ and _____.
- 4 My favourite thing about myself is _____.
- 5 Once you get to know me, you'll learn that _____.
- 6 Some things that motivate me are _____.
- 7 Some things I don't like are _____.
- 8 Something I struggle with is _____.
- 9 When I am upset the best way to calm me down is _____.
- 10 One thing I am proud of is _____.
- 11 A goal that I have for myself this year is _____.
- 12 These are 3 things my coach(es), buddy(ies) can do to help me achieve my goal _____, _____, and _____.
- 13 Is there anything else that we should know to help make your Challenger Baseball season the best it can be? _____
_____.