



- Talent & Ability – Does my ability match my ambition? Do I have the mental resolve to be successful? Can I perform when it counts?
- Attitude & Ambition – Do I aspire to be the best in the world? Do I love to compete? Am I being truly honest with myself?
- Knowledge & Understanding – Do I know what an Olympic Champion looks like? Do I know what is expected of me? Am I a student of my profession?
- Education & Lifestyle Support – Will my training environment allow me to reach the top? Do I have the family support? What educational choices do I have?