

APPENDIX C: CHAMPION VS. EGO-CENTERED SPORTS QUESTIONNAIRE FOR COACHES

Please read each of the statements listed below and indicate how much you personally agree with each statement by circling the appropriate response. When responding to these items, focus on when you generally feel successful in your sport.

	I feel most successful coaching when....	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	My team beats other teams	1	2	3	4	5
2	My team works hard	1	2	3	4	5
3	My team is clearly the superior team	1	2	3	4	5
4	My team clearly shows improvement	1	2	3	4	5
5	My team is the best team on the field	1	2	3	4	5
6	My team reaches a goal	1	2	3	4	5
7	My team shows other people they are the best	1	2	3	4	5
8	My team overcomes difficulties	1	2	3	4	5
9	My team outperforms their opponents	1	2	3	4	5
10	My team reaches team goals	1	2	3	4	5
11	My team wins	1	2	3	4	5
12	My team performs to the best of their ability	1	2	3	4	5

Champion Centered: Individuals who are Champion Centered have self-referenced criteria of success and failure. This means they value learning and skill development, they strive to achieve their personal best, view success as more than just winning, and compare their current performance to their own past performances.

Ego-Centered: Individuals who are Ego Centered view success and failure only in terms of winning and outperforming others. This means they feel successful when they win and when their ability is recognized as superior to others. Ego Centered individuals compare their performance to the performance of others.

Scoring Key for Champion vs. Ego-Centered Behaviors

Add up the following items:

Items 2, 4, 6, 8, 10, 12 = _____ Champion-Centered Score/ 30

Items 1, 3, 5, 7, 9, 11 = _____ Ego-Centered Score/ 30