

Shout N Share Project // 'My World' Video Campaign

Script // The Moment

The below is a script outline for the My World' Video Campaign 'The Moment'. Questions will be asked in English, but the athlete should please respond in their native language. Answers should then be translated and recorded in English (either by the athlete or by a member of national team staff) which will then be used to subtitle the video. Please translate after each question.

Intro

In this section the athlete will be asked to introduce themselves in the following format:

My name is <full name> , I'm <age> , from <country> and I'm a <sport>

<i>Example</i>	<i>My name is Ellie, I'm 18, from Great Britain and I'm a Para Swimmer</i>
----------------	--

We would like to hear about a certain moment in Parasport which gives an insight into what it's like to be a Para-Athlete in a high pressure situation. Athletes will describe what that moment feels like, the atmosphere, the mental process etc.

<i>Example</i>	<i>Para-Swimming: The Start</i>
----------------	---------------------------------

The Moment (1) – The Build Up

Before 'The Moment' how do you feel? What can you see, what can you hear? What are you thinking?

<i>Example</i>	<i>On the walk from the Call Room to the Blocks I'm a bag of about 20 different emotions. Fear, excitement, confidence, doubt. I try not to follow any of them, but instead focus my mind on the race ahead. My body is walking to the blocks but in my mind I'm visualising my start, my first turn, the finish.</i>
----------------	---

The Moment (2) – In 'The Moment'

During 'The Moment' how do you feel? What can you see, what can you hear? What are you thinking?

<i>Example</i>	<i>Then suddenly you're there. 50 metres of blue ahead of you. I know that the crowd are there, I can hear them, I know my competitors are there I can see them, but at the same time I don't, I'm so focussed on what's ahead of me. It's strange, right up until I hear the 'take your marks' call I'm a bundle of energy, but in those few moments before hearing the beep I'm totally calm</i>
----------------	--

I Love Parasport (3) – After 'The Moment'

After 'The Moment' how do you feel? What can you see, what can you hear? What are you thinking?

<i>Example</i>	<i>Right after the starters beep, it's like all the nervous energy that has built up in my body just evaporates. My mind seems pretty happy that it's my body's turn to do a bit or work. The mechanics just take over from there, it's about putting everything together from training and going full throttle until the end.</i>
----------------	--

Outro

I'm <full name> , and this is my World