

# Aspiration Awards Sportsperson

Train in your chosen sport regularly - at least weekly

Signed off by:

Date:

Represent a school/local team

Signed off by:

Date:

Attend a local competition

Signed off by:

Date:

Watch a sport live at a national event

Signed off by:

Date:

Show skills development i.e. through a series of certificates

Signed off by:

Date:

Take part in a regional competition/event.

Signed off by:

Date:

Be part of a regional/national team

Signed off by:

Date:

Teach your skills to others

Signed off by:

Date:

Take part in an inter/national sporting event

Signed off by:

Date:

Please ensure that you obtain parental permission before carrying out any of these activities.