

# **AGE OF CHAMPIONS**

## **REFLECTION QUESTIONS**

***Please pick any 4 questions from the following. Please answer them on a separate sheet of paper; preferably typed. Please make sure to write in complete sentences and to write 3-5 sentences (minimum) for each question.***

### **Questions:**

1. What is your overall reaction to the Film? Were there any characters you found inspiring? Please explain in detail.
2. Describe Roger's (tennis player) passion for life. Give specific examples that you remember him doing/saying that can illustrate his passion.
3. Do you think the athlete's families and friends played a big part in the athlete's success? Why or why not and give examples to illustrate your answer.
4. What can you tell me about the Tigerettes' philosophy on competition? Be specific with behaviors or beliefs.
5. What did you think of the relationship between Bradford and John Tatum (swim brothers)? Give some details and specific examples to illustrate your answer.
6. What did you think about the relationship between Earl and Adolf (track stars)? Give some details and specific examples to illustrate your answer.
7. If you could meet one character in this film, who would it be? Please explain what you would want to ask and why you would want to know the answers to these questions.
8. What moment in the film made the biggest impact on you? Why? Please explain.
9. How do you feel about aging? Do you see it in a more positive or negative light after this film? Why?
10. What are some of the resources for exercise and activities in your community?
11. What are some ways that you try to be healthy, besides exercise?
12. If you could set one achievable exercise goal today, what would it be? What steps would you need to take to achieve this goal? What would you need to do to make it a regular part of your life?