

Football Questionnaire

What have been the 3 things that you have really benefited from by being part of the football project?

1. Confidence, fitness.
2. New amazing friends, new amazing skills, part of a great project, which will hopefully continue.
3. Friendship, fitness, social.
4. Meeting new friends, improving fitness, developing football skills through coaching sessions.
5. Great new friends, losing weight/fitness, confidence.
6. Better level of fitness, Once in a lifetime experience (i.e. Montreal), New friends.\
7. Fitness, Motivation (a bit more than before); FUN!
8. I have a new hobby (football!) + it's brilliant + so fun! I've increased in confidence of my ability to do physical and practical things because I've always been encouraged to do more mental things but wanted to do sports + now I feel confident that I can. I've never laughed and smiled as much in my life, I enjoyed it so thoroughly even when things went wrong, it was satisfying to overcome hurdles + soldier on.
9. Fitness improved; know football better and can read the game better; having a coach to push me.
10. My dream come true; fitness improved + healthy lifestyle; Become better friends with everyone to do with the team.
11. Doing professional training again, playing football in general.

What has been your 'best football moment'?

- Claire scoring a goal in Montreal.
- Walking into the opening ceremony holding the Lik:T banner.
- Playing football in Montreal in the heat.
- Putting on the kit and feeling part of the team.
- When we scored a goal [in Montreal].
- 1. The opening ceremony at the 'Montreal Out Games';
2. Playing the best game ever after sudden outburst on

the pitch; 3. Scoring a goal at 5 a-side tournament with injured knee.

- When I scored + played first match for Lik:T against the Trafford ladies friendly.
- The goal!!! And Philadelphia cheering us in our last match! And getting our special award!
- Saving loads of goals! Proved to myself I could do it.
- Getting kit and feeling like a proper team and scoring while being captain in Canada.
- When I hurt my ankle kicking a goalpost instead of the ball.

For those that went to Montreal, what ways do you think it has impacted on your life?

- Its changed the way I feel about life, made me so determined knowing those who work hard achieve.
- I know where I wanna live in the future and its showed me winning isn't everything
- Learnt to deal with living close by a variety of people in a small space.
- N/A
- Long life memories and friends.
- Inspired me to improve my fitness and get involved in other sports besides football.
- I'll make a list: * I overcame my fear of flying. * I overcame a really big anxiety about going on holiday + being abroad (I get culture shock really bad usually) – both these triumphs made me feel powerful + like I can do anything + can travel in future. * I am physically fitter + have realised the importance of exercise in keeping me happy and mentally stable. * I feel like a real person who can achieve things whilst being myself + I don't have to put on any acts to do well + win respect from others. * I want to live in Montreal at some point in the future! * I am going to go 'Out Games' for every time that is possible + have such fun!
- Being able to go across the world and broaden my horizons. Opportunity to meet LGBT's from around the world, It's something I would never be able to do again.
- Its made me more ambitious to go through with wanting footballing as my career and train hard to get

ther. Made me more committed to football and the team too.

What things would you change about the football for the future?
e.g. times, coaching, venues, structure...etc

- Less agro.
- More football!! More professional coaches.
- Making structured times for meals, trips etc.
- Times to fit around peoples work commitment.
- 1. More games; 2. Enter more major competitions.
- More peer-led sessions to increase skills in leadership for all.
- Sometimes the coaches from the cliff weren't too good at working with youth work type people.
- Times that are available to the whole team so no one will have to miss practices.
- Maybe doing some exercise sessions alongside to keep up the fitness.

Would you like to play for Likt FC?

- Definitely.
- Yes please!
- Yes.
- Yes.
- YES PLEASE!!!
- Yes please.
- DEFO!
- Yes.
- Yes.
- Yes! Boss.
- Maybe not often just training sessions sometimes.

Would you be able to make it to one practise per week and matches in addition to this?

Yes 5 IIII

No II

What days would you like practise e.g. Tuesdays and Saturdays?

- Saturdays def as for during the week.
- Tuesdays, Sundays.
- Don't know yet possibly weekends.
- Tuesdays / Wednesdays.
- Saturdays and any other day which is given.
- Both Tuesdays and Saturdays.
- You name it I'll be there.
- Work permitting – Saturday mornings or Tuesday evenings or Monday evenings.
- Tues, Weds, Sats afternoons.
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What do you want to get out of the Lik:T football in the future?

- Keep my fitness up!
- More skills, play with more teams.
- Be part of a fun and positive team, where participating and contributing is the main factor. Also to play lots of football and win matches.
- The challenge to become a successful winning team, winning trophies for cup + leagues.
- The chance to explore the world and play different teams and find new friends and experience more.
- Improve my standard of football; introduce new people into the team, more laughs, and good times! YAY!
- More motivation + to be more healthy. (Will help me with my drinking.)
- Fun + happiness! + I want to give my best.
- I want them to be brilliant and win tonnes of matches.
- To hopefully go on to win trophies and stuff for the team and get Lik:T's name out more, the challenge to climb the league.
- A few fun games.