

Sports career

Year	Sports / Happening	Influence P	Influence E
2001 - 2003	Baby swimming	Capacities: Started with feeling the water and the connection with it.	Micro: my family wanted me to learn swimming early. Meso: Swimming pool nearby.
2004 - 2012	Avond4daagse (walking)	Orientations: walk together.	Micro: all my friend of primary school took also part. Meso: The event was hold in my hometown.
2004 - 2012	Swimming	Orientations: Needed to learn how to swim. Competences: I wanted to get every diploma I could receive. Capacities: Learning how to swim and to safe people when they are drowning.	Micro: my family wanted me to get the firm swimming diploma's. After that they motivated me to get them all. Meso: Swimming pool nearby Macro: Sports policy of the government
2005 - 2012	Ice-skating	Orientations: Typical Dutch sport so I wanted to learn it. Competences: Because it is very Dutch and everyone around me did it, I wanted to be the best in it.	Meso: my primary school give us the opportunity to follow Ice-Skating lessons. Micro: My parents were able to buy good ice-skates for me.
2005	Field hockey	Orientations: I wanted to learn to hockey. Capacities: The trainers thought I had talent for hockey and they wanted me to stay.	Micro: my sister also played hockey. My friends came with me. Meso: Hockey club nearby. 100 meters.
2007 - 2012	Sportpret	Orientations: Interesting sport events to get to know different kind of sports. I wanted to follow them all.	Micro: my parents motivated me to follow all the different events if I liked the idea.

		Capacities: discovered my talent for specific sports.	Meso: all the different sport clubs were nearby.
2009	FC Barcelona fan (Footbal)	Orientations: Visited Camp Nou and I was inspired and motivated by them.	Micro: I became a big Barcelona fan together with my father.
2013	Started as hockey trainer	Orientations: I wanted to help people / children to improve their hockey skills. Competences: I can give an training and help people improve and inspire people.	Micro: This was my first official job. I could work there and also get my trainers degree. That motivated me.
2015 - 2017	BSM	Orientations: I was interested in all kinds of sports. That motivated me to follow this lecture. Competences: I wanted to learn different kind of sports.	Micro: This lecture could fit in the work I wanted to get later on. Meso: My school gave this opportunity.
2015	Field hockey Valencia	Orientations: Interested in field hockey in other country's / cultures.	Micro: Visited Valencia multiple times. My father was one of the founders of the blue special field at my home town. Inspired by the blue field in Valencia.
2017	Shoot-outs championship	Capacities: surprised myself with this kind of skills I have.	Meso: My sport club gave me to opportunity to join this event.
2019	Switched hockey club	Orientations: searched for a better hockey club. I wanted to perform better. Competences: I wanted to play better and improve my skills	Micro: Switched hockey clubs together with my sister. Meso: multiple hockey clubs nearby my home town.
2019-2020	Knee injury	Capacities: Physical problems, operation was needed to solve the problem.	Macro: increase in mobility. Long process in the hospital.

Conclusion: In my sports career the most common influences are the micro and meso influences. Also the orientation comes back multiple times. My sports career is very varied in some ways, because of the fact that I also made some choices influenced by my own goals. (competences / capacities). When I look back at my sports career from this point, I'm proud of what I received.