

School of Sport and Exercise Sciences,
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Edgbaston, Birmingham,
B15 2TT
UK

Dear Coach,

We would like to invite athletes at your club (ages 16-26) to participate in a study exploring the interplay between athletes' motivation, feelings of competence, autonomy, and connection, reported well-being, and the typical atmosphere manifested in their sports club or team. We hope that our research will help to promote greater understanding of how we can improve the welfare of disabled athletes and promote positive experiences and sustained involvement in sport. The English Federation of Disability Sport (EFDS) has endorsed this project.

In terms of your club's participation, the study will involve the athletes completing a questionnaire. The multi-section questionnaire will take approximately 30 minutes to complete. A trained researcher will be present to administer and supervise the athletes in the completion of the questionnaires. Alternatively, athletes can complete the questionnaire on line, or with assistance by someone not involved in their sports team or club. We can discuss with you what the best option for the athletes in your club would be. At a future point in time, we would like to interview a small sample of athletes about their sport experiences. We may invite athletes from your club to participate in the interviews.

We will invite athletes to participate with an informational letter. The letter will explain the purpose of the project and the nature of the athletes' potential participation. When conducted in person, the questionnaire administration will be scheduled to take place at times and locations that are most convenient to the athletes, coaches and club. All data will be kept confidential and stored securely for 10 years in a locked cabinet and secure computer, only accessible by the research team.

At the conclusion of the project, we would be happy to share an overview of the findings with you and others at your sports club. Please do not hesitate to contact Dr Eleanor Quested if you have any questions about the project.

If you would like your club or team to have the opportunity to participate in the project, please notify Dr Eleanor Quested at the address below, providing some basic information about your club/team (i.e., sport, types of disability experienced by athletes, location and training day/time).

Sincerely,

Dr. Eleanor Quested
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