

MEADOWS RACE TEAM
ATHLETE MANAGEMENT GOAL SETTING

1. Performance Factors for the Race Season 2007-08

Athlete Name:

Date:

List in order of priority

1. Preparation Period

Conditioning:

1.
2.
3.
4.
5.
6.

LIST THE 3 MOST IMPORTANT ACTIONS THAT YOU WILL INITIATE TO MAKE THIS A REALITY (in order of priority)

A)
B)
C)

On Snow

Technical and Tactical:

1.
2.
3.
4.
5.
6.

LIST THE 3 MOST IMPORTANT ACTIONS THAT YOU WILL INITIATE TO MAKE THIS A REALITY (in order of priority):

A)
B)
C)

Psychological:

1.
2.
3.
4.
5.
6.

LIST THE 3 MOST IMPORTANT ACTIONS THAT YOU WILL INITIATE TO MAKE THIS A REALITY (in order of priority):

A)
B)
C)

Race Season 2007 – 08

2. Performance GOALS

1.
2.
3.
4.
5.
6.

LIST THE MOST IMPORTANT ACTIONS THAT YOU WILL INITIATE TO MAKE THESE A REALITY (in order of priority):

A)
B)
C)