

ATHLETE'S GOALS FOR THE 2005-2006 SEASON

1) DAILY GOAL:

WHAT DO YOU WANT TO GET OUT OF EACH SKI PRACTICE?

WHAT DO YOU THINK IT WILL TAKE TO ACHIEVE THAT GOAL?

2) MID-SEASON GOAL:

WHAT DO YOU WANT TO ACCOMPLISH BY MID FEBRUARY?

WHAT WILL IT TAKE TO ACHIEVE THAT GOAL?

3) WHAT IS YOUR OVERALL SKI SEASON GOAL? HOW DO YOU WANT TO FINISH THE SEASON?

WHAT WILL IT TAKE TO ACHIEVE THAT GOAL?

4) WRITE A SHORT PARAGRAPH WHY YOU JOINED OR ARE ON THE SKI TEAM. (USE THE BACK OF THIS SHEET)

5) PLEASE TELL US IF WE CAN DO ANYTHING TO IMPROVE THE PROGRAM OR FEEL FREE TO TELL US ANYTHING YOU WANT.