

**Name** \_\_\_\_\_

**This year planned Training Hours** \_\_\_\_\_

## **GOALS**

What motivates *you*? What are your *goals*? Break it down into process goals. What can you control?

### **2025 Ski Season Individual Goals**

- 1) Goals:

### **Technique Goals**

- 1) Goals:

- 2) What will I do to reach these goals?

### **Overall Biggest Fitness Goals**

- 1) Goals:

- 2) What will I do to reach these goals?

### **Mental Goals**

- 1) Goals:

- 2) What will I do to reach these goals?

### **What will I do to improve on each of the following:**

- 1) Endurance
- 2) Flexibility
- 3) Balance
- 4) Strength
- 5) Speed/Agility
- 6) Power

**Something New-** Trying new things is key to growth—What will you do that is new to your training?

**Leadership-** How will I contribute to the team?

**Balance**—What are my goals in other sports? What else to do I want to do this summer? How will I find balance while still working toward my ski goals

**Accountability**—this is important part of reaching goals. State them aloud. Write them down. Share them. LOG YOUR HOURS! Use Training Peaks. Teammates—get your friends to train with you!

**Fun**—what will I do to keep training fun?