

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Year of Birth: \_\_\_\_\_

Number of years enrolled in TBK                    1 2 3 4 5 6+

Reason for enrolling in TBK (Please check one- two)

Social (making friends)

Exposure to skiing / ski racing

To reach a high level of ski racing

Other:

Athletic values (responsibility, respect, dedication, initiative, commitment etc.)

Number of Days you plan on skiing this season (October- April) 35-45 45-55 55-65 66+

**Number** your top three priorities for the season:

\_\_\_\_ Have Fun

\_\_\_\_ Learn to ski race

\_\_\_\_ Reach my goals

\_\_\_\_ Prepare for elite levels of racing

\_\_\_\_ Compete

\_\_\_\_ Athletics (learn to be an athlete)

\_\_\_\_ Other: \_\_\_\_\_

**Long Term Ski Goals (5+ years)**

1.

2.

**How will I measure my success:**

**Steps to Achieving my Goal:**

**Obstacles that may arise :**

**Short Term Ski Goals (this season)**

1.

2.

**How will I measure my success:**

**Steps to Achieving my Goal:**

## Obstacles that may arise :

### What is important / What is not

### Not important > Very important

Physical conditioning	1	2	3	4	5
Technical understanding of sport	1	2	3	4	5
Psychological (mental) training	1	2	3	4	5
Spring/summer skiing	1	2	3	4	5
Additional skiing time, energy and thought outside training; video, conditioning, tuning	1	2	3	4	5
Free skiing / Terrain skiing	1	2	3	4	5
non gate training moguls, crud, shoots, powder, trees Intensity level	1	2	3	4	5

### Expectations of you coaches:

### Not important > Very important

Help with a plan to reach goals in ski racing	1	2	3	4	5
Help pushing comfort zones	1	2	3	4	5
Teach skiing / ski racing skills	1	2	3	4	5
Motivate	1	2	3	4	5
Just let me have FUN! Do what I want	1	2	3	4	5
Other:					
1.	1	2	3	4	5
2.	1	2	3	4	5