

Name: _____

Date: _____

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

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

Other:

Number your top three priorities for the season:

____ Have Fun ____ Learn to ski race

____ Reach my goals ____ Compete

____ Athletics (learn to be an athlete)

____ Other: _____

Long Term Ski Goals (5+ years)

1.

2.

Short Term Ski Goals (this season)

1.

2.

What is important / What is not

Not important > Very important

Understanding of sport

1 2 3 4 5

Psychological (mental) training

1 2 3 4 5

Free skiing / Terrain skiing

1 2 3 4 5

Expectations of your 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

Comments: