

# U.S. SKI TEAM GOAL ACHIEVEMENT

Name \_\_\_\_\_ Date \_\_\_\_\_

What is your motivation? (Why do like to be part of the CSRT?)

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Dream Goal: \_\_\_\_\_

Goal (Specific, Hard but realistic.)

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

Goal Achievement Strategy: (List how you can work toward your goal.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tips for your achievement strategy:

- Relate to things you can measure (number of days of skiing, skiing 20 times into Heather Canyon with out falling, doing 25 hop turns consecutively etc.)
- Look at all aspects of your training (On-snow, physical fitness, equipment, mental strategies, financial)
- Make goals that are achievable
- Remember; you can have more than one goal.