

My 2008 Season Goals

Name: _____

Class: _____

- 1) What is your long-term sailing goal?

- 2) What is your goal for this season?

- 3) How will you measure your success in achieving this goal?

- 4) What are three training goals that will help yourself achieve your seasonal goal? (e.g. On water hours, improvement of specific skills etc.)
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- 5) What are three regatta goals that will do to help you achieve your seasonal goal? (i.e. Placing at practice regattas)
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- 6) What are three non-sailing goals that will help you achieve your seasonal goal? (e.g. Fitness, nutrition etc)
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- 7) Are there any limiting factors that may prevent you from achieving your seasonal goals or process goals? (e.g. School, other sports etc.)

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