

2022 SARC Athlete Goal Setting Worksheet

Name: _____

22/23 Age Class: _____

	Long Term	2022-2023 Ski Season	2022 Camp
What are your goals for...			
What DO you have control over in reaching these goals?			
What DON'T you have control over in reaching these goals?			

	Long Term	2022-2023 Ski Season	2022 Camp
What can you do to help minimize the things you don't have control of?			
How can your coaches, parents, and teammates support you in reaching these goals?			