

## 2022 BC Winter Games (in 2023) G2G Session Worksheet

Your role  Athlete  Coach  Official  Parent or Other Support Person

### Activity 1 – Done Pre-session

From the perspective of your role, what are your top three goals or achievements at the BC Winter Games, or as a result of the Games.

Example

<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <i>Be well rested for competition</i> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <i>Have a personal best result at the Games</i> </div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <i>Use visualization to maintain focus between matches</i> </div>

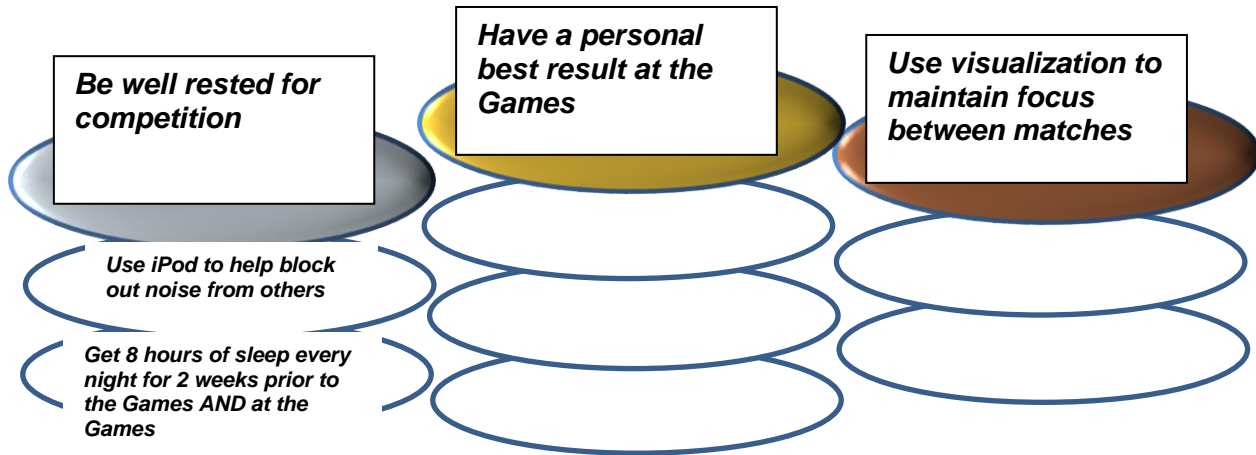
Your Goals:

<div style="border: 1px solid black; width: 150px; height: 50px; margin: 0 auto;"></div>	<div style="border: 1px solid black; width: 150px; height: 50px; margin: 0 auto;"></div>	<div style="border: 1px solid black; width: 150px; height: 50px; margin: 0 auto;"></div>

**Activity 2 – Done at the Session**

Based on the information provided at the G2G Session, take the three goals from activity 1 and identify what you can do Pre-Games and at the Games to help you achieve each goal.

Example



**Your Plan to Achieve Your Goals**

