



2024 BC Winter Games 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 2022 BC Summer Games, or as a result of the Games.

Example

Be well rested for competition

Have a personal best result at the Games

Use visualization to maintain focus between matches

Your Goals:

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

