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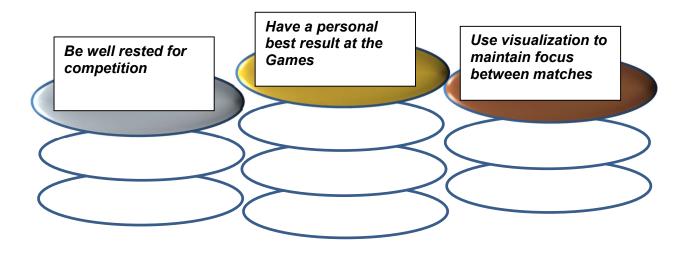
2024 BC Winter Games G2G Session Worksheet

Your role 🗌 Athlete 🔲 Coach 🔃 Official 🔲 Parent or Other Support P	erson
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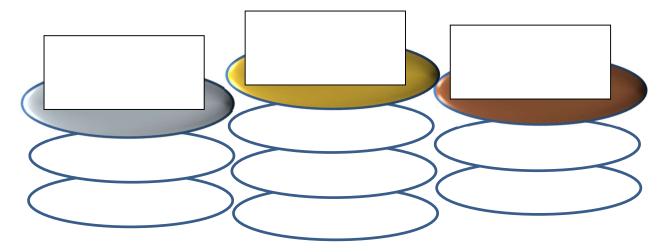
Activity 1 – Done Pre-session

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



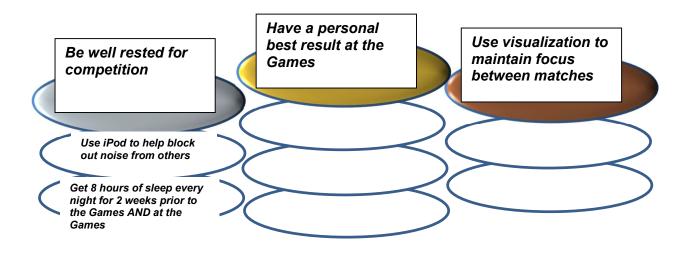
Your Goals:



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

