



Athlete Goal Sheet

“Building champions for life.”

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Athlete Name

Date

Coaches Name

Date

Physical/Conditioning: Think specifically of what areas you want to improve upon, such as balance, climbing, descending, cornering, endurance, sprints, pedal stroke, wheelies, etc.

1.

2.

3.

Mental training objectives: Identify areas you want to improve upon, such as choosing lines, maintaining a positive attitude, visualizing routes, enjoying every ride regardless of weather, terrain or group, etc.

1.

2.

3.

Personal development goals (increase knowledge in mechanics, nutrition, physiology, help with camps, be an excellent role model – safety, trail etiquette, inclusivity, respect, honest, etc.).

1.

2.

3.

Race competition goals (try racing, Boulder Short Track, Winter Park Series, qualify for nationals, explore a new discipline i.e. short track, Super D, cross country, endurance event).

1.

2.

3.

Community outreach goals (work on trail building projects, support younger riders, help mentor other riding groups, support EXPAND trail day, etc.).

1.

2.

3.