

OUSA Ski Orienteering Team

Annual Goals and Training Summary

Name: _____

Phone: _____

Email: _____

Date: _____

About the Annual Summary

The purpose of this document is to assist athletes in determining their goals and training with regards to racing, physical training and orienteering training. The process of completing this document and referencing this document throughout the year will, hopefully, help athletes to stay focused on both their goals and the methods and measures they will use to achieve those goals. It is not required nor intended for athletes to document in detail their training for every day of the coming year. In general, short, precise and targeted answers are preferred to long essays.

It is recognized that this specific form may not be a perfect fit for every athlete. Just as every athlete has their own style of training, athletes have their own style of planning. Never the less, a common document will be useful as a general tool for The Team and, as discussed above, will hopefully be of use to the athletes.

Finally, within the document athletes are asked to define “goals,” “measures” and “methods.” A measure is some metric used to gauge progress toward your goal. It may be an objective measure of mistake time computed via Winsplits, or it may be a subjective rating designated by the athlete. The idea is that it is meaningful to the athlete and used consistently over time to track progress. A method is an exercise, training, workout, study session, etc., that the athlete will use to make improvements towards their goal.

Coaching/Advisor/Mentor

Athletes are encouraged to enlist the counsel of a coach or other trusted advisor. Completing this form in consultation with your coach can be helpful in defining appropriate goals and the methods to achieve them. At the very least, your coach/advisor should be made aware of your goals and plans so that they can provide both encouragement and prodding when helpful and necessary.

Coach/Advisor/Mentor: _____

Communications (how: phone/email/other, how often, etc.): _____

Vision for the coming year

At the end of the year, when you review your year's performance, what do you plan to have accomplished? This is what everything you put into your training plan should support.

Ski Orienteering Races

List your top two priority races for each of the coming season beyond the World Ski-O Championships

1. _____
2. _____

Other significant events or races (ski races, training camps, etc.)

1. _____
2. _____

Vacation and Finances

Give consideration to your available vacation time from work or school and the finances required to attend the events that you would like. Be proactive about budgeting for each. Are there special opportunities to improve your performance? The US Team Fund may be able to help with the latter. *Response is optional for this issue.* _____

Physical Fitness Goals

List two goals for improvement of physical fitness and be as specific as possible (e.g. general categories include endurance, speed, strength, flexibility, core strength, rehabilitation of injuries, etc.). Be as specific as possible and define criteria to measure your progress and the methods and processes you will use to reach your goal. Within

the current year or from one year to the next, as current goals are achieved, define new benchmarks for the same goal or select a completely new goal.

1. Goal: _____
Measure: _____
Method: _____
2. Goal: _____
Measure: _____
Method: _____

Ski Orienteering Technique Goals

List two goals for improvement of ski orienteering skills (e.g. general categories include map reading, terrain reading, specific terrain types, arm-chair orienteering, compass work, control punching, etc.). Be as specific as possible and define criteria to measure your progress and the methods and processes you will use to reach your goal. Within the current year or from one year to the next, as current goals are achieved, define new benchmarks for the same goal or select a completely new goal.

1. Goal: _____
Measure: _____
Method: _____
2. Goal: _____
Measure: _____
Method: _____

Ski Technique Goals

List two goals for improvement of skiing skills (e.g. skate speed, narrow trail technique, hill climbing, downhill control terrain types, waxing, etc.). Be as specific as possible and define criteria to measure your progress and the methods and processes you will use to reach your goal. Within the current year or from one year to the next, as current goals are achieved, define new benchmarks for the same goal or select a completely new goal.

1. Goal: _____
Measure: _____
Method: _____
2. Goal: _____
Measure: _____
Method: _____

