

2022 BC Summer 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

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|---|---|--|
| <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

