

## 2020 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 2020 BC Winter Games, or as a result of the Games.

Example

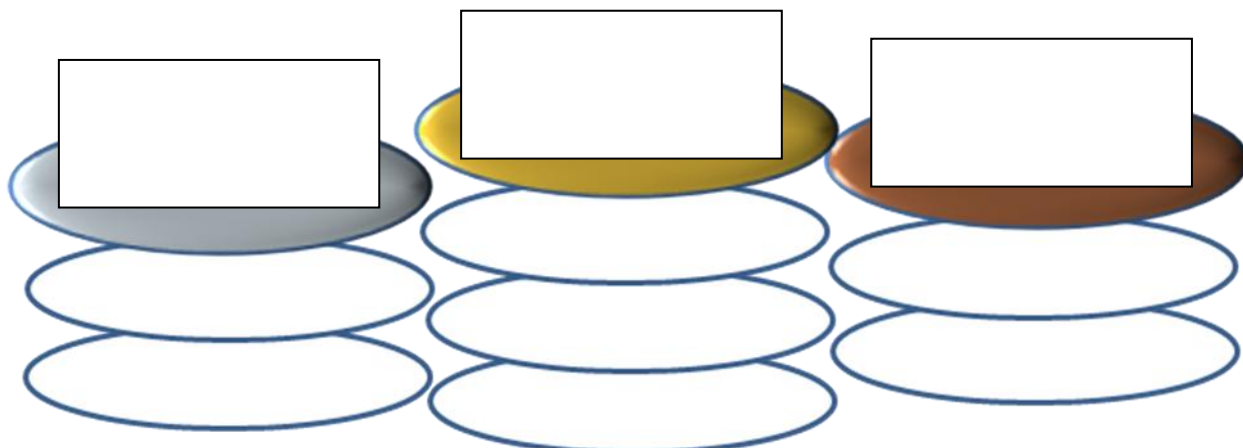


*Be well rested for competition*

*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**

