



Altius Nordic Ski Club

Nordic Ski Hoppers Team
Goal Setting
2009-2010 Winter Season

Name: _____

Age: _____



The purpose of setting goals is to give yourself direction and put a drive and passion into your life. Goals can be broken down in a few categories: dream goals, long term goals (2-3 years), short term goals (season/month) weekly and daily goals. Goals must have deadlines for when you target to complete them.

How to set Goals?

- First you must dream. Dream about everything you ever wanted
- There are no limits. What would you do if you knew you couldn't fail?
- Write ideas down on paper and come up with the most important ones
- Goals should be challenging
- Set a deadline for meeting each goal

Achieving Your Goals

- a) Clearly define your goals – be very precise in what you want as it will be easier to achieve
- b) Write how you'd feel if you attained your goals
- c) Write down how you'd feel if you don't attain your goals – what benefits will come from pursuing your goal regardless of the out come
- d) Constantly evaluate your progress – having a plan isn't enough, you must constantly evaluate your progress to meet your target
- e) Once you achieve your goals - set new ones

Suggested Goals

- Ski Jumping/Nordic Combined
 - Jumping Technique elements
 - Cross Country skiing technique elements
 - Mental training

- Dryland
 - Warm up (running techniques/ dynamic stretching)
 - Running
 - Balance
 - Jumping
 - Quickness (explosiveness)

- Athlete's Code of Conduct

- Friendship

- School

What I love about my sport!

Below draw a picture what you love about Ski Jumping and Nordic Combined. Image a day or week of jumping skiing every day – what do you enjoy the most?

