

NIPPER PERSONAL DEVELOPMENT AND TRAINING GOAL SETTING PLAN 2019/20



Date: _____

Name: _____

Age group this season: _____

Questions?	Your answers !!
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A BIT ABOUT ME....

Nickname? Or what you prefer to be called?

My pets and names?

What relaxes me?

What excites me?

I feel nervous when?

I try to overcome this by?

Where I feel the most peaceful is...?

PERSONAL DEVELOPMENT

What I feel most proud of from last season?

What I'd like to learn this season?

What motivates me to give my best effort at training is?

What prevents me giving my best effort at training is?

GOALS

What I'd like to achieve this season?
(i.e. short term goal)

How do I think I can achieve this?

What help do I need to achieve this?

How many training sessions do I need to attend?
(i.e. per week)

What I'd like to achieve in the next 2-3 seasons?
(i.e. long term goal)

Any other information you'd like to share?

COMMUNICATION

Sighted and agreed to by my parents

Parents signature:

Date:

Submitted to Jason Barker

Coaches signature:

Date:

Submitted to Callum Taylor

Coaches signature:

Date: