

Training History and Goals Name: _____

Year in School: _____

1. For how long have you been nordic skiing? _____

2. For how long have you been nordic ski racing? _____

3. In what other sports do you participate? (this is anything from swimming to hiking to climbing)

4. In what other sports do you compete?

5. Do you follow a training schedule? _____

(If yes, please bring a copy of your schedule and or your training log)

6. When skiing / racing, what do you feel are your greatest strengths? _____

7. When skiing / racing, what do you feel are your greatest weaknesses? _____

8. About which elements of training / skiing / nutrition / resting would you most like to learn more?

9. What are your internal and external* goals for this season? _____

*We consider internal goals to be things that you can totally control (e.g. I would like to increase my

upper body strength.) In contrast external goals are those affected by others around you. (e.g. I would like to be National Champion.)

10. What are your overall training / racing goals? _____

11. What team are you considering joining? (circle one)
Elite Competitive Recreational Non-racing

Why? _____