“Pressure is privilege. Enjoy it and smile”

“All in without hope”

Date/Race/Venue:_____

Technique focus: _____

Technique cue:_____

Pacing / tactical goal:_____

Positive self-talk:_____

Race day schedule: Work backward from start time
TIME: ACTION

_____

_____

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_____ START

“Podiums don’t come from perfection. Embrace adversity, have YOUR best day”

Post-race evaluation:

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