

**Season Review Sheet**

**Preparation phase totals:**

**(First 32 weeks of the training year May 1st – Dec 4)**

Total hours:

L1 hours:

L3 on-time:

L4 on-time

Strength hours:

**If possible, list period hour totals (4-week block or month totals)**

Period 1 weeks 1-4:

Period 2 weeks 5-8:

Period 3 weeks 9-12:

Period 4 weeks 13-16:

Period 5 weeks 17-20:

Period 6 weeks 21-24:

Period 7 weeks 25-28:

Period 8 weeks 29-32:

**Entire training year totals**

**(May 1st – April 29)**

Total hours:

Monthly totals:

L1 hours:

L3 on-time:

L4 on-time:

Strength hours:

Number of races:

**List your top 3 race performances (and dates of these races if possible)**

**At what point during the entire year did you feel your best. Describe what it felt like:**

**At what point did you feel your worst or get sick:**

**Take some time to think about your strengths and weaknesses as a skier. In order of importance, list 5 things you need to improve on in order to take your skiing to the next level. (Techniques, strength, fitness, types of training, power, health, tactics, mental training, race preparation etc.) Be as specific as possible.**

**List 5 things your coach can do better to help you achieve these improvements.**