

**Rochester Mountain Bike Team
Varsity Racing Goal Form
(Yellow Form)**

Name:

My goal to strengthen myself is:

My goal to strengthen my teammates and team is:

My goal to strengthen the sport of mountain biking is:

Triple-Impact Competitor[®] Self-Assessment

A Triple-Impact Competitor[®] strives to create a positive sports experience by strengthening themselves, their teammates, and the game they play. This self-assessment gives you the opportunity to reflect on where you are succeeding and where you may need to improve to contribute to positive sports experiences. Assess yourself on each of the statements below using a 1-5 scale (1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).

Strengthening Myself

- _____ 1. My coaches and teammates would say I give maximum effort in workouts, practices, and competitions.
- _____ 2. My coaches and teammates would say I am someone who is eager to learn and grow. I welcome feedback to build skills, view mistakes as learning opportunities, and measure success by the effort I put in and the progress I make.
- _____ 3. I work hard on my mental wellness by using breathing exercises to regulate my body's response when I feel overwhelmed, finding someone I trust to talk to when I need it, and helping myself stay confident and focused using pre-game routines.
- _____ 4. I focus on improving my diet, hydration, and sleep in a way that will positively affect my performance on and off the field.

Strengthening Teammates

- _____ 5. I'm intentional about supporting my teammates. I recognize they may come to practice impacted by their experiences, I seek to connect with them, and provide what they may need to have a positive experience.
- _____ 6. My teammates would say I'm a positive teammate. I maintain positive body language, provide them with encouragement that is truthful and specific, and celebrate their successes.
- _____ 7. My coaches and teammates would say I'm a team player who helps build strong team chemistry. My first priority is team success, and I adjust and accept my role to help my team.

Strengthening the Game

- _____ 8. I honor the game by treating the rules of competition, opponents, officials, teammates, and myself with dignity.
- _____ 9. I use Honor the Game routines, like shaking an opponent's hand after competition, to help create a positive environment for everyone involved in the game.
- _____ 10. I use a self-regulation strategy when I encounter challenges so I can better respond to them.

