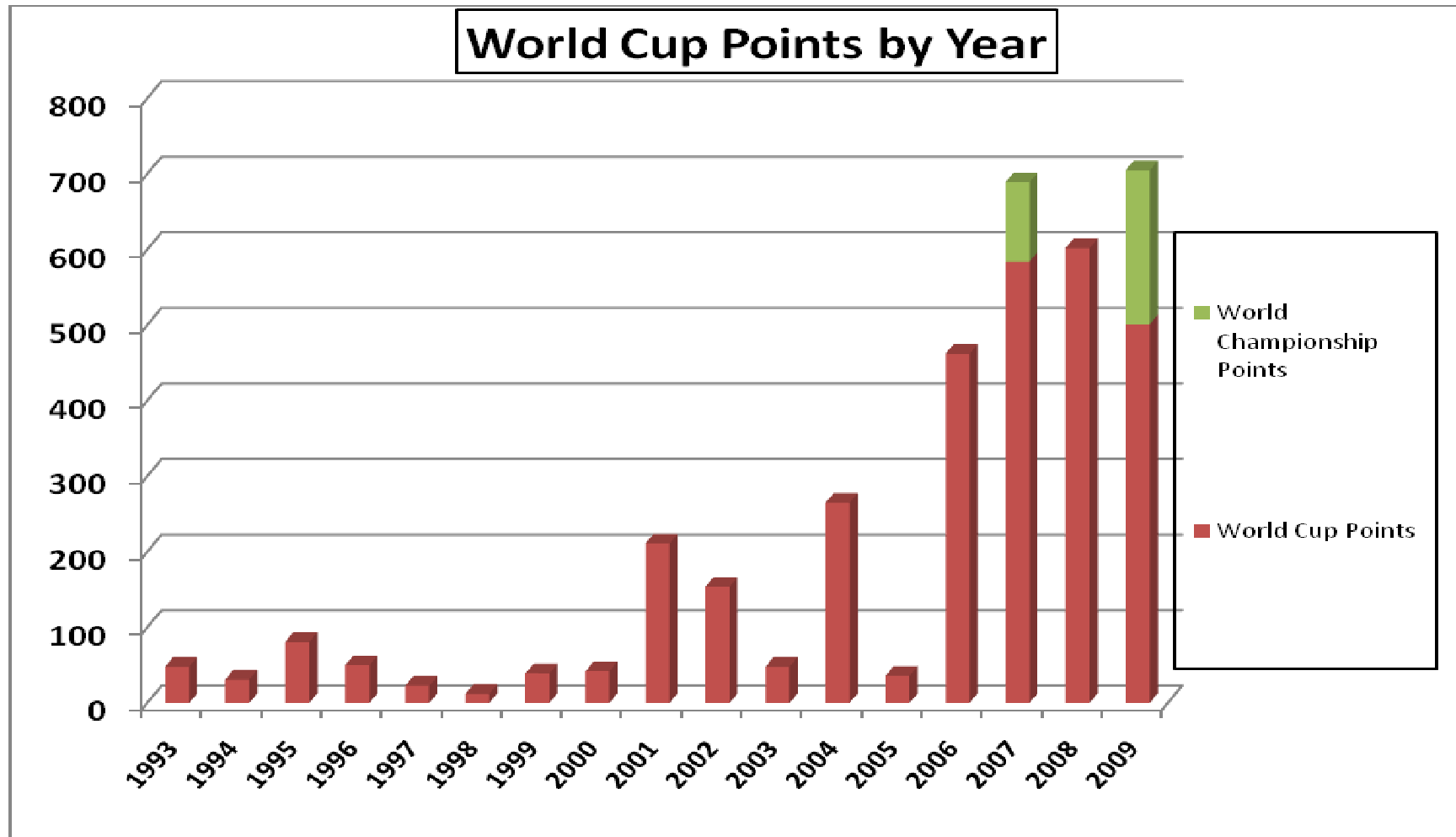


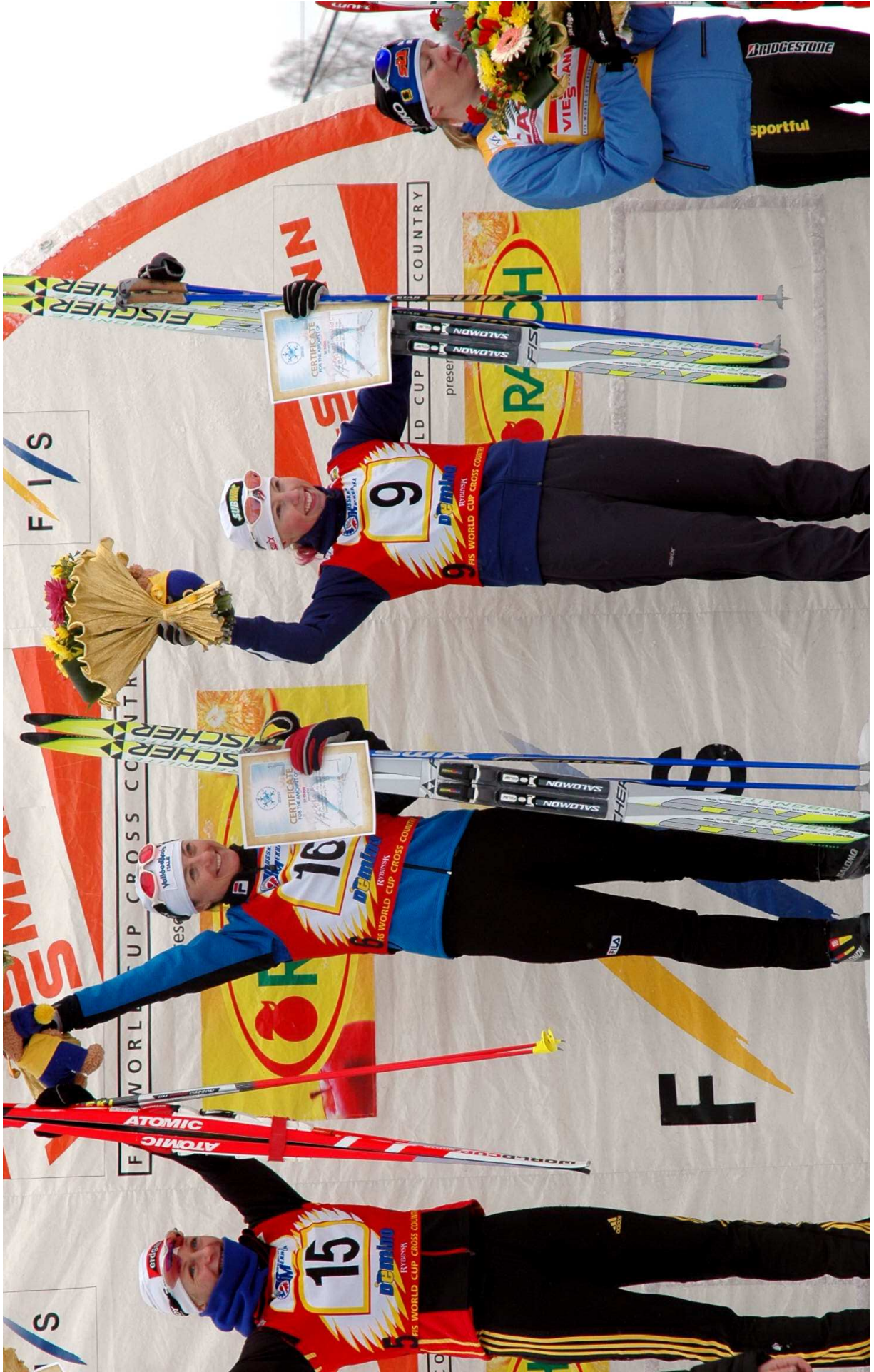
Goals since 2006

1. Fitness
2. Continuity
3. Partnership

Evaluation: 17 year history of WC performance based on total points scored in that season



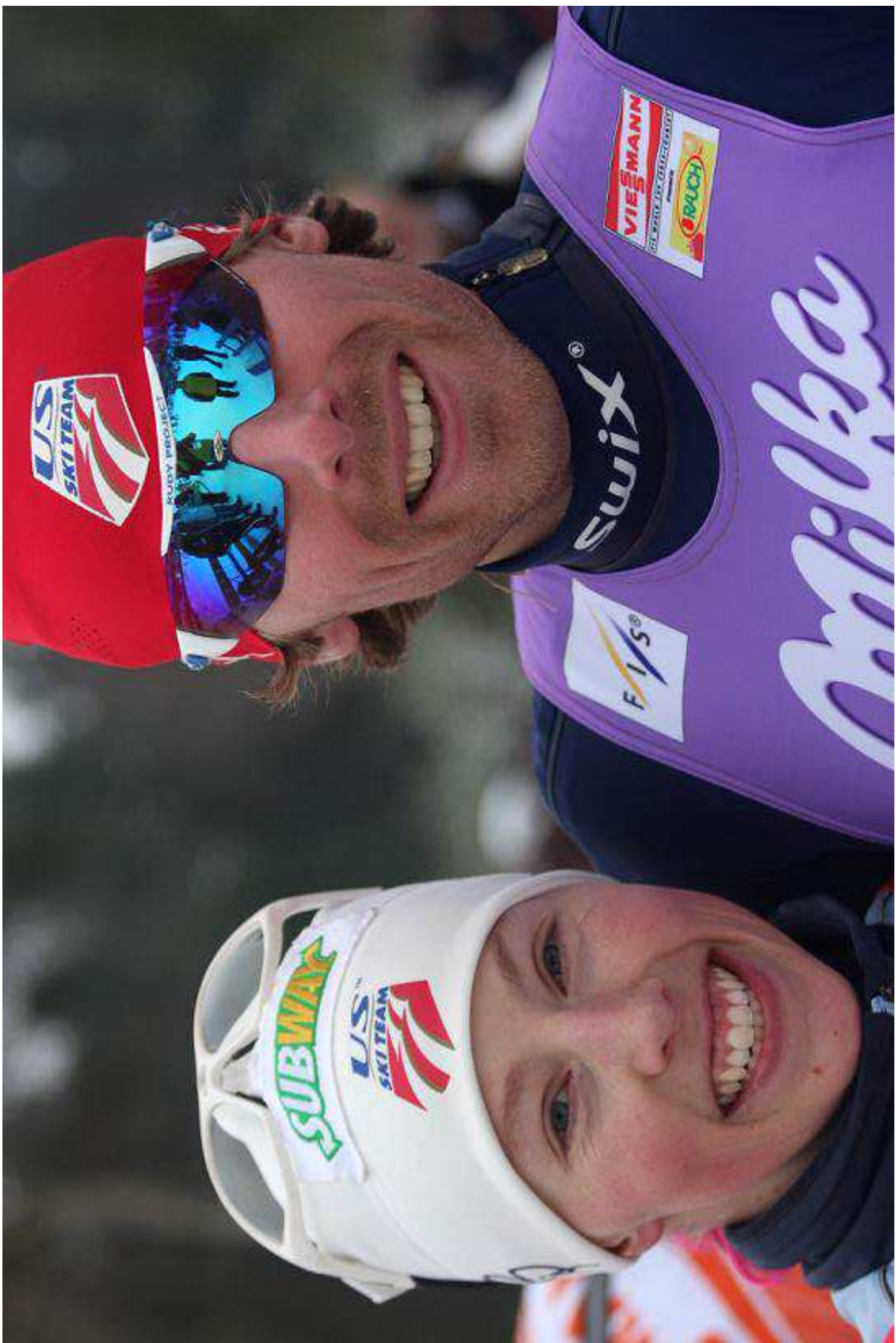






Otepää









World Cup Team. (6 to 10 athletes)

Olympic, World Champ racing

World Cup racing

National team camps

Park City Residency

Continental Cup. Age 18 – 23 (4 – 6 athletes)

Continental Cup racing

JWC / U23 Worlds racing

National team camps

Park City Residency

National Training Group. Age 17 – 20 (4 – 10 athletes)

Super Tour racing

Junior National racing

JWC / U23 racing

NEG Nat Team Camp

Park City Residency

National Elite Group Camp. Age 17 – 20 (10 athletes)

One National Team Camp

Regional Elite Group Camp. Age 17 – 18 (25 athletes per region)

USST-lead Regional Camp

J2 National Elite Group Camp. Age 15 – 16 (20 athletes)

JWC / U23 racing

Junior National racing

Local/Regional racing

Gold
Podium
Outcome goals
Preparation Goals
Yearly Goals
Monthly Goals
Weekly Goals
Daily Goals
Session Goals

TODAY

Youth Racing = Club Camps

J2 = Club Camps, National J2 Camp

J2 – OJ = Junior Nationals

(J2) J1 – OJ = REG Camps

J1 = J1 Trip

J1 – OJ = Junior Worlds, OPA, (post-grad)

J1 – OJ = NEG Camp

J1 – Senior = NTG

U23 Senior = U23, OPA/Scando, Super Tour

Senior = National Team

(National team camps, Cont Cup, World Cup, World Champs, Olympics)