



Marilyn Chychota Coaching LLC

MENTAL TRAINING – Camp

We want your experience at CAMP to be memorable and positive. You will be awarded for exceptional sportsmanship and great attitude during the camp. Every opportunity you take to push yourself allows you to grow in every aspect of the sport, including mental skills and toughness.

Your first challenge is to set specific goals for the camp. Your goals should be ambitious. They serve as a target to orient your actions in a certain direction.

Ideally, your goals would demand the best out of you and hopefully you won't leave any of your capabilities unused.

Goals should be specific, precise, and measurable.

- How do you want this camp to impact your season and career/life?
- What do you want to get out of your participation in this camp?

My goals for this camp:

1)

2)

3)

Every topic we cover is subject to discussions and feedback. We want to know what kind of feedback you would appreciate (check all that apply):

- ☐ Written comments
- ☐ Personal discussion
- ☐ Group discussion

Is there any topic in particular you would like advice about?