



# CARRIDE CONVERSATIONS

## ARE YOU READY?

**Overview:** The beginning of every school year brings on new challenges, new standards, new goals, new teammates, new classmates, new coaches and new teachers. Emotions can run high with feelings of excitement and nerves as your student-athlete prepares for what is to come, for both you and her! So how do you help them prepare? How do you help them prepare for what lies ahead with committing to goals and managing a schedule while not doing "too much?"

### With a performance readiness plan (PRP).

PRP's not only highlight and determine goals to set, but they help athletes get super clear on what is that they want, what stands in their way and what they will do to get there by exposing obstacles, contingency planning. Further, they help you identify and provide support in the process, while also instilling autonomy and confidence.

## THE PROCESS



Creating a PRP is a 5 step process that enhances goal setting. It is one thing to set goals. It's another to commit to them and execute a plan:

1. **Mission:** What do I want to accomplish?
2. **Commitment:** How important is this to me? How bad do I want it?
3. **Setting Goals:** How can I make it happen?
4. **Contingency Planning:** What are my obstacles?
5. **Realistic Evaluation:** What are your touch points for evaluating your process

## TOOLS AND TIPS

*...for the car ride home*

- Schedule weekly check ins (at the dinner table, on the car ride home, etc)
- Identify what is working, what is not, and encourage adaptations in the process
- Encourage time-blocking as a skill to stay on track with assignments, training and balancing free time, recovery and fun!

**"Success doesn't happen by accident. You have to commit to it."**  
**- Dani Speegle, Crossfit Athlete**

**Save the date:**

1 October  
Fall Open House

7 October  
Homecoming

17 November  
Winter Sports Begin