

Positive Attitude

Attitude is what will help you achieve your best.

Chat with your mentors then choose a word that you will use to help focus on achieving your goals

DRIVEN

STRONG

DETERMINED

RELENTLESS

FOCUSSED

ENTHUSIASTIC

CONSISTANT

COMMITTED

POSITIVE

OPTIMISTIC

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Nutrition

Getting to know food will help your performance

Q1. What does protein assist with?

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Q2. What are some examples of protein?

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Q3. What does carbohydrates assist with?

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Q4. What are some examples of carbohydrates?

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Nutrition

Getting to know food will help your performance

Q5. What is an example of an ideal meal before exercise?

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Q6. What is an example of an ideal meal after exercise?

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Q7. What is ideal for my carnival lunch box?

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Surf Racing Tips

Some basic surf racing techniques that I will focus on

Start

Swim

Board

Finish

Goals

What is your BIG goal?

When will you achieve this?

What are the short and medium goals that will get you there?

Who can help you achieve your goals?

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AUTOGRAPHS