



2011/2012 EuroCrossCamp

Pre-Camp Reflection Piece

Write clearly and use a separate sheet of paper if you need more room.

**** Be seen by ECXC Supporters on the website and on various industry websites!!! Please submit a photo of you as a rider (headshot) either on or off the bike in your newest kit.**

**** Include your blog or team's blog. Where ever you post, please include the link so it can be included on the ECXC website.**

Name: _____

Email Address: _____

USAC #: _____

UCI #: _____

Mailing address: _____

Phone: _____ Emergency Phone: _____

Parents' Names: _____

Parents' Email: _____

Team Name/Sponsors: _____

Clothing Sizing: Skinsuit (S M L) Jersey (S M L), Shorts (S M L), Polo Shirt (S M L), Jacket (S M L), Pant (S M L) & waist size _____

Blogsite - (to link from the ECXC site to your's - another great chance to be seen!!):

Twitter, Facebook links:

Career Highlights: _____

Targetted # of Training/Racing Annual Hours: _____

Cycling disciplines raced: _____

Coach (name and email): _____

Circle One: **Power Meter** or **Heart Rate Monitor**

For New ECXC Riders:

1. What do you consider to be your best athletic achievement to date (e.g. intrinsic, extrinsic, performance, moral/ethical)?
2. Have you spent any time internationally traveling? Please Describe.
3. As a roommate/member of the USA House, how do you see yourself (e.g. computer addict — email, gaming, site visiting; casual/random, outgoing, a reader of books, introverted, self-entertaining, rigid, television watcher, watcher of bike races on dvd, chore enjoyer, team player, light sleeper, wrench student, sight seeing, coffee shopper, socializer to friends back home, prankster, letter writer etc.)
4. Do you have special eating habits/requests?
5. Language skills—explain.
6. Describe your ability to read a race: tactics, strategy, having a plan.
7. How do you practice sharpening your psychological, mental capacities?
8. What is your financial situation with regard to Camp fees? What are your personal feelings about this cost (e.g. understanding of pay to play, acceptance, frustration, resentment)?
9. How do you feel about massage?
10. What are your goals/objectives for the Camp? Are you a person who does well/not well with setting performance goals?
11. Describe your coaching situation. Rewards, shortcomings.
12. Describe your strengths and areas for improvement as a rider.
13. What specific areas would you like to develop during your time at the Camp (e.g. feeding during a race, planning a race, massage benefits etc.)?