

## EuroCrossCamp Reflection Piece - Pre-Camp

Name \_\_\_\_\_

WRITE CLEARLY!!!

Email Address:

USAC #:

UCI #:

Mailing address:

Phone:

Emergency Phone (U.S.):

Team Name/Sponsors:

Clothing Sizing: Skinsuit, Jersey, Shorts, Polo Shirt, Jacket, Pant:

Parents' Names:

Parents' Email:

Blogsite (to link from the ECXC site to yours)::

Career Highlights:

Targetted # of Training/Racing Annual Hours:

Cycling disciplines raced:

Coach (name and email):

Power Meter or Heart Rate Monitor?

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? 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/tape, chore enjoyer, team player, light sleeper, wrench student, sight seer, coffee shopper, phone socializer to friends back home, 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.)?
14. Please submit a photo of you as a rider (headshot) either on or off the bike in your newest kit.