

Coach Discussion Sheet

A focused framework for routine review and planning.

ATHLETE AND GOALS

Program, level and event:

Athlete strengths and presentation goals:

Routine elements the athlete wants to discuss:

DISCUSSION

A moment to celebrate:

A timing, presentation, or composition question:

Observations to verify against the current rulebook:

FOLLOW-UP PLAN

One practical adjustment to explore:

Owner and date for the next check-in:

REMEMBER

Confirm requirements with the current official rules and your program.