


SNOW AUSTRALIA – INDIVIDUAL PERFORMANCE PLAN (IPP)

ATHLETE & PROGRAM DETAILS

Athlete Name:		Date of Birth (DD/MM/YY):		Club / Program		
Sport:		Resort:				
Athlete Contact Email:		Parent/ Guardian (If under 18):		Parent/ Guardian Email:		

PARA ATHLETES ONLY

Previous Classification/s:		Sport::	
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ATHLETE CAREER & EDUCATION

Are you currently undertaking high school or further studies?		Details:	
School/ University:		Course:	
Do you have future career/ education plan?		Details:	
What are your plans to develop yourself career wise or personally, outside of your sport?			

COACH & SERVICES TEAM

Coach name:		Contact Email:		Contact Phone:	
Strength & Conditioning coach:		Contact Email:		Contact Phone:	
Physiotherapist:		Contact Email:		Contact Phone:	
Sport Psychology:		Contact Email:		Contact Phone:	

BEST PAST PERFORMANCES

Please list your top 2 career performances:					
Event 1:		Result:		Date:	
Event 2:		Result:		Date:	

YEAR TRAINING CELENDAR

	Location:	Target/ Objective:	Comments:	Status:
July				
August				
September				
October				
November				
December				
January				
February				
March				
April				
May				
June				

MAIN FOCUS FOR CHANGE / IMPROVEMENT

Area for improvement:	Strategies and Actions to achieve improvement:	Measures and Timelines:	Comments:	Status: