

## **Step 1:**

Look honestly at your goals in life and sport. Is maximizing your competitive abilities as a skier right up near the top of the list? If so, is there anything else that is close to that goal? Can you envision yourself working, living and training in Aroostook County while pursuing these goals over the next 3 years? Jot down your thoughts on this. If it looks like the answers are all yes, plan some time to visit Aroostook County and the MWSC Program to get a real feel for what you'll be moving towards.

## **Step 2:**

Sit down and write out a personal evaluation of where you are right now. Include summaries for skiing, academics, career, life, etc.. Include your personal priorities. Also include personal goals in all these areas 3 and 5 years from now.

Be specific, be creative, but above all else...be honest with yourself. You may be intrigued at what you learn about your true needs, ambitions and dreams when you review this evaluation.

The least important aspect of this plan has to do with the details of training. What you need to accomplish is determining if maximizing your personal skiing potential is a priority item in your life and what you are willing and realistically able to do to make that goal happen.

This step should take several days to complete. Don't rush!

## **Step 3:**

Take the information you've now written down and create a separate outline that incorporates all of these life issues into a systematic development plan. How you envision developing as an athlete, person and community member over the next 3-5 years?

The more detail you put into this outline...the greater the likelihood of success. Acknowledge realities but also have the willingness to dream. For example...if you have yet to finish in the top thirty overall at a U.S. Nationals, it is probably not realistic to expect to make World Cup teams two years from now. However, just because you may not have had success at a certain level to date does NOT mean that you will never reach your goals.

List ways to address weaknesses and maintain strengths. Spend some time working on what it means for you to live in a community. What do you have to offer the community and what do you expect from it in return. Include a financial strategy covering both ski expenses as well as life goals.

#### **Step 4:**

After completing all of these outlines, put them into readable form, include a brief (1 page) resume and send it all to:

Will Sweetser  
Cross-Country Coach  
Maine Winter Sports Center  
552 Main Street  
Caribou, ME 04736  
207.227.3322 mobile  
207.492.1444 office  
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