

Examples: Finish in top five Intermediate; Compete at our training average; \* Outcome (limit) Have four different exits succseful 90% of the time;

- \* Process goals
- \* Performance goals

#### Attitude

- \* Commitment
- \* Disagreements

Example: Stay friends throug season; Resolve difference respectfully over team beers last day of each camp

#### Budget

- \* Per Month / Per
- Season amounts
- \* Rollover
- \* Flexible or Fixed

Example: \$6k per season excluding travel; \$1333 per month; Unused money moves to next month; \$8k is a hard limit

Competitions

Example: Compete at one local NSL meet; US Nationals



Example: Training one three-day weekend every month; calendar to be set by January 12; any suggested changes will be responsibilty of changer

- \* Frequency
- \* Camp length
- \* Set a calendar
- \* Changing

#### Tunnel

- \* Which tunnels
- \* Total tunnel
- \* Daily tunnel

Example: 5 two-day camps at Ontario; one hour per day; 10 hours per season

#### Jumping

- \* Dropzone(s)
- \* Jumps per day (target)
- \* Jumps per day (average)
- \* Pace

Example: Perris; 10 jumps per day target (8 average), single 20 minute calls



Example: Missing person responsible for finding qualified fill-in; Any additional expenses (covered slots, coaching fees) are paid by person missing.

- \* Fill in plan
- \* Possible fill ins
- \* Financial responsibility

#### Coaching

- \* Full or partial
- \* Coach(es)

Example: Full coaching from Fury!

#### Video

Example: Get rates from two local experienced flyers (Jamie and Sam)

- \* Experience Level
- \* Options

#### Packing

\* Self, packer, or combo

Example: Get packers for all camps



# \* Show up plan (flex, rolling, ground)

- \* Stormegedon forecast
- \* Decision making

### FS Team Season Agreement

Example: No cancelling camps ahead of time; show up first day of camp regardless for ground work; subsequent days choose possible rolling calls; Tunnel an option; Captain makes call

#### Captainship

- \* Fixed roles
- \* Rotating roles
- \* Frequency

Example: Rotating captain each camp;



Discuss a perfect training day from begining to end