

DATE: _____ TOPIC: _____

TRAINER: _____ (circle): MULTI-DISCIPLINE RIDE SKI

What was the most valuable part of this training for you? _____

Please describe the following:

What was the session goal? _____

Describe the introduction to the session: _____

Describe the feedback you were given: _____

Describe the practice time: _____

Describe the debrief: _____

Additional Comments:

