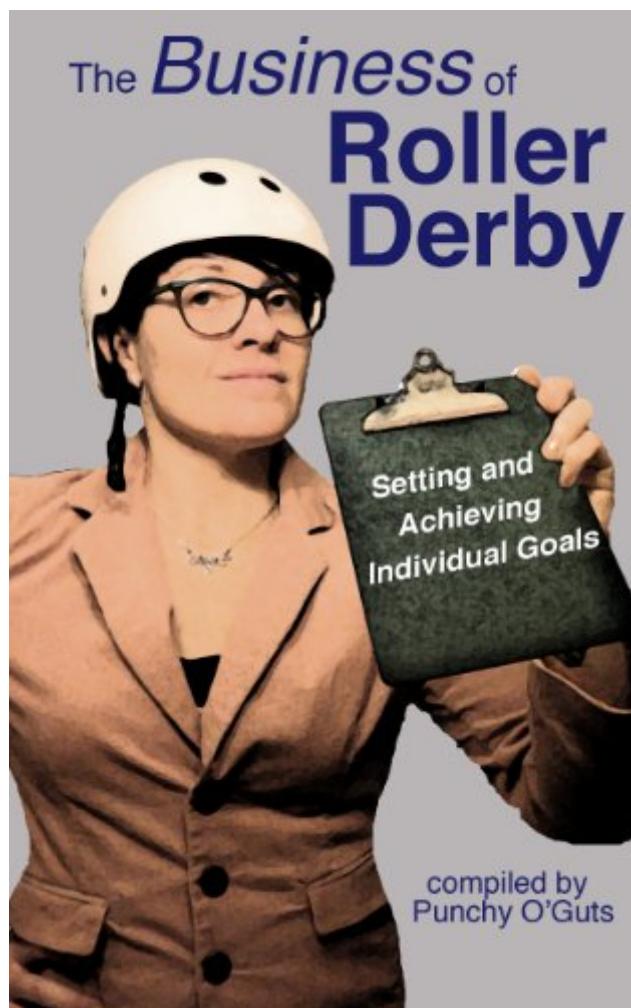


The book was found

The Business Of Roller Derby: Setting And Achieving Individual Goals



Synopsis

Goal-setting bridges the future (how awesome we want to be at derby) into the present (holy crap - I'm becoming awesome!). Aside from getting better at a skill, developing a solid goal plan will help you clarify your expectations, realistically evaluate your performance, and develop self-discipline. Who doesn't want that? This ebook will show you how to choose a training goal and deadline and how to create a detailed goal plan of success! It offers tips for how to stay on track and deal with setbacks and includes a sample three-month goal plan for improving speed control.

Book Information

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Customer Reviews

Good info. Easy format. The sample three month plan was very helpful. I would recommend this to any player who is looking to become a better derby player.

Well worth it. Valuable info for goal setting, especially for me in my first season to track nailing the skills I need to improve :)

This book has so much info! A must read for beginner skaters and for teams just starting up! Thanks so much :)

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