



DRIVER DEVELOPMENT GUIDE

>= MORE THAN EQUAL

BLANK WORK PAGES

SECTION 1

ME & MY PERFORMANCE

NAME:

AGE:

THIS YEAR I'M RACING IN:

NEXT YEAR I WANT TO RACE IN:

MY BIGGEST STRENGTH IS:

I'M AT MY BEST WHEN:

I'M AT MY WORST WHEN:

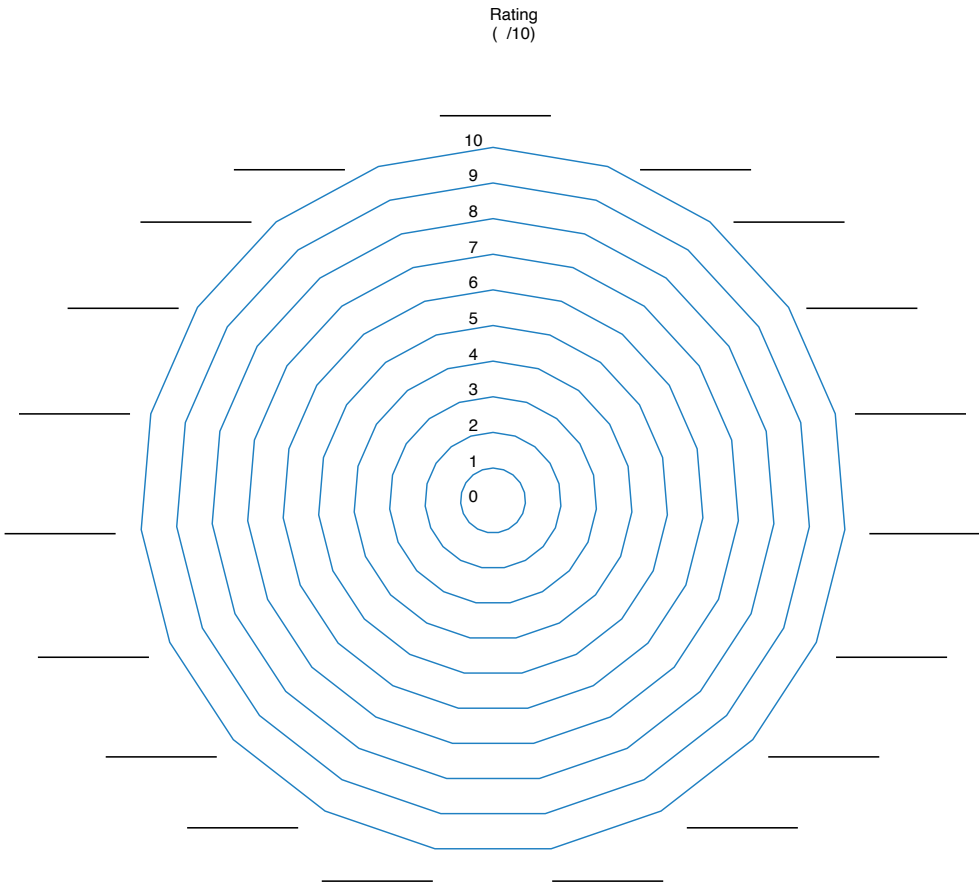
THINGS THAT HELP MY PERFORMANCE:

THINGS THAT HINDER MY PERFORMANCE:

SECTION 2

MY PERFORMANCE PROFILE

Using the profile sheet, use the table to rate yourself on each factor out of 10. Then, plot your scores on the graph to create a visual profile.



Rating:

1 = I'm finding it hard | 5 = I'm doing ok! | 10 = I'm doing really great!

PERFORMANCE AREA	PERFORMANCE FACTORS	RATING	NOTES/EXAMPLES
TECHNICAL & TACTICAL			
PHYSICAL			
MENTAL			
SOCIAL			

SECTION 3

MY ACTION PLAN

Pick some performance factors that you'd like to develop, including your two lowest scoring and analyse them in greater detail using the questions below.

YOUR PERFORMANCE PROFILE ANALYSIS

	WHY DID I CHOOSE THIS RATING:	HOW WILL I WORK AT IT?	WHAT SUPPORT DO I NEED?

This will help you to create some goals and actions on how you might develop them, as well as how they might support your medium and long term ambitions and goals:

YOUR GOAL ANALYSIS		
MY GOALS	MY ACTIONS	DEADLINE
SHORT TERM (PERFORMANCE PROFILE)		
MEDIUM TERM (MY AMBITIONS)		
LONG TERM (MY ULTIMATE GOAL)		

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Your Track Walk Checklist



Your Test Day Plan

Name	Date
Age	Circuit
Session Overview	Session Objectives

SESSION	FOCUS AREA
Session 1	
Break	
Session 2	
Break	
Session 3	
Break	
Session 4	
Debrief	

Testing Notes

Your Test Day Plan

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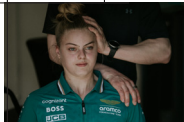

Testing Notes

Pre-Performance Activation

The intensity should increase as you near to the session and match the intensity you are expecting to compete at

1 Circuit
No rest

increase
intensity

General joint mobility	Shoulders 45"	Shoulders 45"	Forearms wrists, hands 45"	Ankles 45"	Neck 45"
Injury prevention with elastic	Internal rotators 15 R + 15 L	External rotators 15 R + 15 L	Row (bent over or with anchor) 20	Overhead open arms 20	Chest open arms 20
Neck	3" push against resistance 15 R + 15 L + 15 rear				
Whole Body	Squat with band 15				
Cardio 1		Run on spot 20"	Jumping jack 20"	Burpees 20"	
Cardio 1		Rope jump 1'			

Design your own pre-performance warm up routine:




Keep a food diary for a normal week which includes training.

Take a look at what you are eating and drinking. Is this enough, is it balanced?
Is it the right type of foods? If not, practice making a meal plan for the next time you race.



Week Type: Regular

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today's activities or exercise							
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Notes:

Keep a food diary for a race week.

Take a look at what you are eating and drinking. Is this enough, is it balanced? Is it the right type of foods? If not, practice making a meal plan for the next time you race.



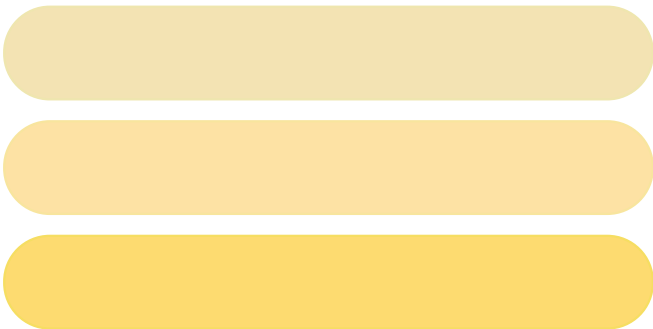
Week Type: Race

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today's activities or exercise							
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Notes:

REMEMBER TO STAY HYDRATED!

You are well hydrated



Not hydrated enough



Dehydrated



DRINK MORE WATER!

Self-Awareness Questionnaire

I was fully focused on what I was doing, without any irrelevant/distracting/negative thoughts.

1 2 3 4 5 6 7 8 9 10

What thoughts did you notice that distracted you? When did they arise?

What effect did they have? How did you manage them?

I was physically free of any unnecessary muscular tension.

1 2 3 4 5 6 7 8 9 10

If you felt tension in any part of your body, where was it? (shoulders, hands, feet/ankles etc.)

The focusing technique I used in my pre-performance routine was helpful.

1 2 3 4 5 6 7 8 9 10

Which technique did you use? Did you manage to do it properly with enough time in a quiet place? Have you been practicing it every day?

I was able to fully express my potential in this session.

1 2 3 4 5 6 7 8 9 10

Did I reach my goal for this session? (Whether you did or didn't, think about your own approach and your actions, and try to identify how these affected the outcomes.)

How can I improve my next session?

Try out some of the different mental warm up techniques. Keep a log of what you have tried, what worked for you and if/when you might use them:



Technique: _____

Did it work for you? _____

When might you use it?

.....

Technique: _____

Did it work for you? _____

When might you use it?

.....

Technique: _____

Did it work for you? _____

When might you use it?

Write a list of everything you need to do this week.

Now have a go at prioritising them; put the most important thing at the top and least important at the bottom.

Task list this week:

Prioritisation:

HIGH



MEDIUM

LOW



**DRIVERS WHO ARE BETTER
ORGANISED, MAKE LESS
MISTAKES AND ARE MORE
LIKELY TO SUCCEED**



Interview Practice

Write down some common questions you might get asked in an interview in different scenarios:

Before a big race where you're a favourite for a podium:

After a race where another competitor crashed into you and ruined your race weekend:

After testing where you topped the time sheets:

Before a race weekend, following a previous weekend where you had mechanical failures and the team were not able to fix it in time:



Camera Practice

Now ask your family members, friends or teachers to practice asking you these. Set up a camera if you can and watch your interviews back. You will learn a lot from analysing your interview, just like when you review your on-boards! Look at things like your body language, how you stand, where you're looking, what you say, and how you say it (tone, volume).

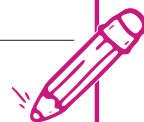
Have a go at creating a Sponsorship Proposal

Think about the questions below to help.

What is the company?

Who are their target audience?

Who is the best person to contact – can you find their details?



What is important to the company (what are their values)?

What are you asking for from them? How much / what products?

Who are you - what's your story?

What achievements or results can you share?

What is your brand?



What are you offering them in return?

What is your unique selling point?

Handwriting practice lines for the word "please". The page contains 20 horizontal lines. A small illustration of a pencil is located on the right side of the page.

practice!

Make a Transition Plan



What is the transition?

What support will I need?

What do I need to know or learn?

What challenges will I face?

What management strategies will I use?

**Make yourself a wellbeing plan by finishing
the following sentences:**

Things that make me feel good are.....

Things that help me switch off are.....

People that I can talk to are.....



Something to look forward to is.....

Test Day Sample Plan

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Testing Notes

Training Planning Practice

Using the template, practice planning your training across a:

Macro cycle | Meso cycle | Micro cycle

You might need to ask a coach/trainer or parent/guardian to help you work through this.

 **FORMULAMEDICINE**



PHASE	PREPARATION (OFF SEASON)				COMPETITION		RECOVERY & MAINTENANCE	COMPETITION	
MACRO CYCLES	GENERAL & SPORT-SPECIFIC				RACE WEEK	RACE DAYS	BETWEEN RACES	RACE WEEK	RACE DAYS
MESO CYCLES									
MICRO CYCLES							ROUTINE		ROUTINE

 **FORMULAMEDICINE**

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