



**Programme de soutien au développement de l'excellence
GENERAL TRAINING PLAN AND OBJECTIVES
2019**

Surname: _____ First Name: _____

Horse's Name _____

Breed: _____ Age: _____

How long have you been teaming with this horse: _____

Trainer: _____ **Level:** _____

Trainer's signature: _____

Phone: _____

Email: _____

Athlete's Section

Please explain why you wish to enroll in the *Programme soutien au de développement de l'excellence?*

What is the highest level you wish to achieve?

(Describe your career goal, and the annual progress and number of years foreseen in attaining this goal)

What goals did you achieve in the current year / competition season, and what are your goals for next year ?

Describe your typical off-competition training schedule
(Number of sessions per week, length of sessions, wich sports, etc.)

Please indicate 3 aspects you need to improve on in order to achieve your goals
