



## National team student-athlete – support worksheet

Academic and athletic goal setting session

Updated: September 21, 2022

To better support the elite student-athletes participating on Team USA, USOPC liaisons are expected to communicate with the USOPC/NGB to help national team student-athletes navigate both their collegiate and national team responsibilities. One critical task is convening annually with your national team student-athletes to review goals, discuss their support plan and review schedules. The worksheet below can be utilized to structure the conversation and capture information during these meetings.

National team student-athlete: \_\_\_\_\_ Date of meeting: \_\_\_\_\_

Attended by: \_\_\_\_\_

2022-23 academic goals: \_\_\_\_\_

Long-term academic/graduation plan: \_\_\_\_\_

2022-23 athletic goals: \_\_\_\_\_

Scheduling considerations/key events:

Collegiate athletic/academic events	National team events
1.	1.
2.	2.
3.	3.
4.	4.

Additional support needs:

Area	Key institutional contact	Need description
Academic		
Coaching (college, private, expert)		
Sport medicine		
Mental health		
Nutrition		
Strength and conditioning		
Other		

Challenges identified	Support needed	Additional notes