# Brighton Boys Cross Country Race Analysis

**Name: _____ Meet: _____ Date: _____**

**Team Place: _____ Individual Place Overall: _____ Individual Place Team: _____ Time: _____**

**Grade your mental preparation for this race: A B C D E**

**Grade your sleep and diet leading up to this race: A B C D E**

**Grade your training leading up to this race: A B C D E**

**Were your thoughts positive and focused during the warm up? Yes No**

**Did you follow your race plan? Yes No**

**Did you pass more people than passed you? Yes No**

**Did you compete fiercely down the stretch? Yes No**

**Did you move up the last mile? Yes No**

**Did you move up the last 400m? Yes No**

**Did you move up the last 100m? Yes No**

**Did you meet your expectations? Yes No**

**What were the strengths of your race? _____**

**_____**

**What can you improve from your race? _____**

**_____**

**Do you plan to do anything differently in preparation for the next race? _____**

**_____**

**Is there anything your coach can do to help you meet your expectations? _____**

**_____**

**Committed to developing young men of character who relentlessly strive for excellence on and off the course.**