

# COUGAR CROSS COUNTRY • Race Critique•

Race: \_\_\_\_\_ Date: \_\_\_\_\_

Course: \_\_\_\_\_ Division: \_\_\_\_\_

Grade: \_\_\_\_\_ Name: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_

Condition of Course: \_\_\_\_\_

Finish Time: \_\_\_\_\_ Overall Finish Place: \_\_\_\_\_ Finish Place on Team: \_\_\_\_\_

Describe Warmup: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Was Warmup Sufficient? \_\_\_\_\_ Changes Needed (if any): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What was your approx place at 1/4 mi. \_\_\_\_\_, 1 mi. \_\_\_\_\_, 2 mi. \_\_\_\_\_, 2 1/2 mi. \_\_\_\_\_

How many people did you pass in the second half of the race? \_\_\_\_\_

How many people passed you in the second half of the race? \_\_\_\_\_

Describe key strategies you used in race: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post race feelings- Physical: \_\_\_\_\_

Mental: \_\_\_\_\_

Emotional: \_\_\_\_\_

Describe Warm-down: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Positive Thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Changes or Improvements Needed: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_