

to Advance Learning and Performance in Sports

Contents

Foreword	xi
Acknowledgments	XV
Introduction	1
1. A Glimpse at Athletic Team Notebooks	7
2. Preseason Thoughts: Looking Back, Thinking Forward,	
and Making Plans	29
3. Competition Analysis I: Telling the Story of Your Game	55
4. Competition Analysis II: Telling the Story of Their Game	73
5. Postseason Thoughts: Looking Back, Thinking Forward,	
and Making Plans Again	85
6. Notes, Worksheets, and Activities	95
7. Athletes' Journals	105
8. Athlete's Journal: Creating a Template	129
9. David's Story: Writing toward the Podium	147
10. FAQs	165
Conclusion	183
References	187
Index	191