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# The Business Of Roller Derby: Setting And Achieving Individual Goals



## Synopsis

Goal-setting bridges the future (how awesome we want to be at derby) into the present (holy crap - I'm becoming awesome!). Aside from getting better at a skill, developing a solid goal plan will help you clarify your expectations, realistically evaluate your performance, and develop self-discipline. Who doesn't want that? This ebook will show you how to choose a training goal and deadline and how to create a detailed goal plan of success! It offers tips for how to stay on track and deal with setbacks and includes a sample three-month goal plan for improving speed control.

## Book Information

File Size: 1572 KB

Print Length: 24 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 15, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00BUYSFIO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,083,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #47 inÂ Books > Sports & Outdoors > Individual Sports > Rollerskating &

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## Customer Reviews

Good info. Easy format. The sample three month plan was very helpful. I would recommend this to any player who is looking to become a better derby player.

Well worth it. Valuable info for goal setting, especially for me in my first season to track nailing the skills I need to improve :)

This book has so much info! A must read for beginner skaters and for teams just starting up! Thanks so much :)

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