

Applications – Canoe Trip

1 st Dimension		Level 1 Applications	
Physical Training			
Skill Development			
Tactics			
2 nd Dimension		Level 2 Applications	
Motivation			
Confidence			
Emotions			
Team Cohesion		✓	
Goal Setting			
3 rd Dimension		Level 3 Applications	
Character		✓	
Identity & Self-Worth			
Value & Significance			

*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

When will this strategy be executed?

☐ Pre-Season ☐ In-Season ☐ Post-Season ☐ Off-Season

Action Steps:

Measurement of Success:

Date to be completed: