



NEXTGEN SPEED ACADEMY PRESENTS

THE NEXTGEN ATHLETE JOURNAL

TRAIN. GROW. BECOME.

ATHLETE NAME

AGE

MY SPORT(S)

SEASON / YEAR

★ MY #1 GOAL THIS YEAR

I AM WORKING TOWARD:



WHY I PLAY SPORTS

Understanding your "why" makes you unstoppable. Take your time with these answers.

"Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision." – Muhammad Ali

01

WHY DO I LOVE MY SPORT?

02

WHAT MAKES ME FEEL ALIVE WHEN I TRAIN OR COMPETE?

03

WHAT KIND OF ATHLETE DO I WANT TO BECOME?

04

HOW DO I WANT MY COACHES AND TEAMMATES TO DESCRIBE ME?

05

SPORTS HAVE TAUGHT ME THAT I AM...

MY ATHLETE IDENTITY STATEMENT

Complete this sentence:

I am an athlete who _____

I commit to becoming _____

MY FAVORITE ATHLETE

Study the greats. Learn their secrets. Apply them to your own journey.

ATHLETE'S NAME

SPORT THEY PLAY

COUNTRY / TEAM

WHY I LOOK UP TO THEM



THE BIGGEST CHALLENGE THEY FACED

Every great athlete has faced setbacks, failures, or hardships. Research one of theirs below.

WHAT HAPPENED? (INJURY / FAILURE / HARDSHIP)

DID THEY QUIT?

 YES

 NO

HOW DID THEY RESPOND?

WHAT CAN I LEARN FROM THEM?

★ **MY FAVORITE QUOTE FROM THIS ATHLETE**

MY BIG DREAMS

Dream big. Write it. Work toward it. Every champion started here.

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

MY SPORT GOALS (THIS YEAR)

MY LONG-TERM DREAM GOAL

TEAM / SCHOOL / COUNTRY I DREAM OF REPRESENTING

SKILLS I WANT TO IMPROVE MOST

THE PERSON I WANT TO BECOME THROUGH SPORTS

MY VISION BOARD



PASTE PICTURES HERE
CUT FROM MAGAZINES OR DRAW YOUR DREAMS

I AM GOING TO ACHIEVE THIS BY:

THE NEXTGEN ATHLETE CREED

TRAIN TO DOMINATE

Dominating doesn't mean beating others.
It means **becoming the best version of yourself** – every single day.

Dominate your **training**. Dominate your **sleep**.
Dominate your **nutrition**. Dominate your **mindset**.
Dominate your **recovery**. Dominate your **effort**.



TRAINING

Give everything. Hold nothing back.



SLEEP

Rest is where champions are built.



NUTRITION

Fuel your body like an elite.



MINDSET

Your mind leads. Your body follows.



RECOVERY

Recover well. Come back stronger.



CONSISTENCY

Do it again. And again. And again.

AM I TRAINING TO DOMINATE? – WEEKLY SELF-CHECK

- | | |
|---|--|
| <input type="checkbox"/> Did I give my best effort in training? | <input type="checkbox"/> Did I sleep 8+ hours most nights? |
| <input type="checkbox"/> Did I eat to fuel my performance? | <input type="checkbox"/> Did I try to beat my own previous effort? |
| <input type="checkbox"/> Did I show up with a positive mindset? | <input type="checkbox"/> Did I recover properly this week? |

DAILY FUEL TRACKER

WEEK OF _____

Tick each box every day. Takes 10 seconds. Builds champions.

"Food is fuel for athletes. Every great performance starts with what you put in your body." 🍌

FUEL CHECK	MON	TUE	WED	THU	FRI	SAT	SUN
FRUITS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEGGIES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GRAINS/RICE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SKIPPED JUNK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAILY SCORE out of 6	—	—	—	—	—	—	—

WEEKLY TOTAL SCORE

_____ / 42

35-42 = 🏆 Elite Fueling | 28-34 = 🍌 Good | Below 28 = 📉 Keep improving

ONE THING I'LL EAT BETTER NEXT WEEK

MY WEEK IN REVIEW

WEEK OF _____

End of week reflection – take 10 minutes. Be honest.

THIS WEEK'S TRAINING

WHAT DID I TRAIN THIS WEEK?

WHAT WAS THE HARDEST PART THIS WEEK?

MY BIGGEST IMPROVEMENT THIS WEEK:

WHAT DO I WANT TO FOCUS ON NEXT WEEK?

EFFORT THIS WEEK

OVERALL EFFORT

1
 2
 3
 4
 5
 6
 7
 8
 9
 10

SLEEP THIS WEEK

AVG. HOURS PER NIGHT

Felt rested
 Felt tired

SLEEP & RECOVERY

- I slept 8+ hours most nights this week
- I stretched or did recovery this week
- I woke up feeling ready to train

AVERAGE BEDTIME THIS WEEK:

DID REST HELP MY TRAINING? HOW?

WEEKLY MINDSET CHECK-IN

ONE THING I'M MOST PROUD OF THIS WEEK:

ONE THING I WANT TO IMPROVE NEXT WEEK:

SOMETHING I'M GRATEFUL FOR:

- I encouraged a teammate this week
- I gave my best every session

TRAIN TO DOM.

COACH ACCOUNTABILITY · WEEKLY CHECK

This week, was I truly training to dominate?

YES – I gave everything
 NOT YET – Next week I will

MY WEEKLY AFFIRMATION

LESSONS FROM LOSING

The best athletes don't fear failure – they learn from it. This page is safe. Be honest.

Losing is not the opposite of winning. Losing is PART of the journey to winning. Every champion you admire has been here before.

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." – Michael Jordan

A TIME I FELT DISAPPOINTED OR UPSET ABOUT SPORTS:

WHAT DID I LEARN FROM IT?

WHAT WOULD I TELL A TEAMMATE WHO FELT THE SAME WAY?

WHAT WOULD I DO DIFFERENTLY NEXT TIME?

AFTER THIS EXPERIENCE, I AM...

REMEMBER THIS

Every setback is **data, not defeat**. Every tough moment builds the mental strength that separates good athletes from great ones. You are not defined by what happened – you are defined by how you respond.



OFFICIAL ATHLETE DOCUMENT

THE NEXTGEN ATHLETE PROMISE

A COMMITMENT TO EXCELLENCE – ON AND OFF THE FIELD

I PLEDGE TO:

I, _____, promise to bring my **best effort** every time I step onto the field, track, court, or gym – whether I feel like it or not.

I will practice **discipline** – showing up on time, listening to my coaches, and doing the work even when it's hard.

I will treat my teammates, coaches, and opponents with **respect** – always. Win or lose.

I commit to **consistency**. I understand that small daily actions build champions over time.

I believe in **teamwork**. I lift others up. I celebrate my teammates' victories as my own.

I will develop **resilience**. I will not quit when I face setbacks. I will learn, adapt, and grow.

I take care of my body with **healthy habits** – fuelling well, sleeping well, recovering well.

I am a NextGen Athlete. I am built to grow. I am built to last.

ATHLETE SIGNATURE

PARENT / GUARDIAN SIGNATURE

DATE

NEXTGEN SPEED ACADEMY · YOUNG ATHLETE DEVELOPMENT PROGRAM

PRINTING & USAGE GUIDE

Everything you need to get the most out of this journal.

RECOMMENDED PAGE ORDER

- Cover Page – Once per journal
- Why I Play Sports – Once at start of season
- My Favorite Athlete – Once (revisit each season)
- My Big Dreams – Once (update every 3 months)
- Daily/Weekly Journal – Print 1 per week, ongoing
- Sleep & Mindset Check-In – Print with weekly journal
- Lessons From Losing – After tough games/moments
- The NextGen Promise – Once (frame it!)

PRINTING TIPS

- Print single-sided (one page per sheet) for maximum writing space
- A4 or US Letter both work – scale to fit
- Black & white or colour – looks great either way
- Use at least 80gsm paper so pens don't bleed through
- Bind with a binder clip, folder, or spiral bind at a copy shop
- Print 4–6 weekly journal pages at a time to prepare ahead

WAYS TO GO FURTHER

- Use the journal as a conversation starter – ask your child what they wrote, not to correct them, but to celebrate them
- Review the Train to Dominate page together at the start of each new season
- Take a photo of the completed Athlete Promise page – frame it or post it where they can see it daily
- Encourage your child to reread their "Why I Play Sports" page whenever they feel unmotivated
- At the end of the season, flip through old weekly journals together and celebrate how far they've come
- Share standout journal entries with their coach – it helps coaches connect better with each athlete

HOW TO USE THIS WITH YOUR CHILD

- Complete the cover page together as a ritual at season start
- Let them fill weekly pages independently – resist correcting
- Review together weekly (not daily) for best results
- Celebrate consistency, not perfection
- Share with their coach to create a connected development loop
- Keep completed journals – they're powerful to look back on