

# INTENTION TRACKER



## FOR ATHLETES



**DAWSON COLTRAN**



**KATIE CHEESEMAN**

### PROGRAM INCLUDES:

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*Choice of Graduated Athlete Coach*

*I AM Athlete Workbooks*

*Video Introductions for each Week*

*Team Kick off with Captains*

*Planning Session with Staff*

*Weekly Team Exercises*

*Weekly Coach Feedback Sheets*

*One-on-One Coaching Sessions*

*Weekly Self-Assessments*

*Team & Individual Goal Setting*

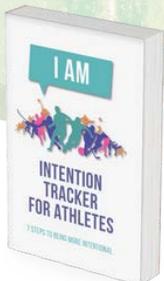


**CLASS OF '23  
LACROSSE**



**CLASS OF '22  
SOFTBALL**

**SCAN  
ME!**



[www.IntentionTracker.com](http://www.IntentionTracker.com)

# CHOOSE YOUR PROGRAM LEVEL



PROGRAM OPTIONS	BRONZE	SILVER	GOLD
I AM Player Workbook	★	★	★
Weekly Video Introduction	★	★	★
Weekly Self Assessments	★	★	★
Weekly 1-page tear outs	★	★	★
Virtual Weekly Coach		★	★
10 Free I AM Workbooks		★	★
Planning Session with Coaching Staff		★	★
Kick Off Session with Team Captains			★
20 Free I AM Workbooks			★
10 hours (20 sessions) One-on-One Private Coaching			★
	\$25 per player	\$1400 + \$25 per player over 10	\$2400 + \$25 per player over 20

## INFORMATION & BOOKINGS CONTACT US:



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