BAER SOLUTIONS

Group 1 - Mechanics

Pre Workout

Cold Start

	Time		NOTES
	Time		NOTES

SKILL (Process Focused)

APPLICATION (Performance Focused)

EVALUATION (Outcome Focused)

Post Workout

Group 2 - Presentations

Pre Workout

Cold Start

	Time		NOTES
	Time		NOTES

SKILL (Process Focused)

APPLICATION (Performance Focused)

EVALUATION (Outcome Focused)

Post Workout

Group 3 - Movement

Pre Workout

Cold Start

	Time		NOTES
	Time		NOTES

SKILL (Process Focused)

APPLICATION (Performance Focused)

EVALUATION (Outcome Focused)

Post Workout