



Athlete: \_\_\_\_\_ Grade: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

**Personal Goals:**

What are 3 Short-Term goals for this season? (if in multiple events, state each event)

- 1.
- 2.
- 3.

What are 3 Long-Range goals for this sport?

- 1.
- 2.
- 3.

**TEAM GOALS**

How do you intend to act as a member of this team? How will you make your teammates better? What type of team do you want this to be? How can you help make that happen?

**NUTRITIONAL GOALS**

Set specific goals for eating right. How much water will you drink? What kind of food plans will you make? What kind of modifications will you be making to your current diet? What foods will you avoid?

**GENERAL PRACTICE GOALS**

Set goals pertaining to your attendance, punctuality, availability for optional practices, consistency, team involvement, attitude and effort.

**ACADEMIC GOALS**

Set goals pertaining to your school performance.



ATHLETE COPY

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## TRACK & FIELD TEAM GOALS

### CHARACTER GOALS

- Track Team members:
- Are role models on campus and in the community
- Academically achieving and involved in learning for themselves and others.
- Present a positive attitude and 100% effort in everything
- Provide service and support to the team, their family, and the community.
- NCS Academic recognition with a TEAM GPA of 3.0

### PERFORMANCE GOALS

- Be prepared for practice/workouts every day; physically and mentally. This includes: bring proper attitude and supplies, ie. Sweats, Shoes, Spikes & Flats, water, snakes, etc
- 4x100m and 4x400m Relay Team competes in every meet and wins dual meets.
- Win a BVAL CHAMPIONSHIP
- Qualify 8 Athletes for the NCS Meet of Champions in Berkeley
- Qualify 3 athletes for CIF State Meet in Clovis

### GOAL SETTING TIPS:

Be SMART when setting goals

S– Specific  
M-Measurable  
A-Ambitious  
R– Realistic  
T-Time Specific

- State each goal as a positive statement
- Be precise
- Write goals down
- Set performance goals, not outcome goals
- Update goals when the allotted time has been reached or if goal has been achieved early

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