

**PRIDE, PASSION, HEART**

**Goal Setting:** It is better for athletes to focus on the process of performance as opposed to solely on the performance outcome.

* Be specific
* Be realistic but challenging
* Evaluate your goals regularly
* Goals must be yours- not coach’s or parent’s
* Be public- share your goals with family and friends

**Long Term Goals:** What do you ultimately want to accomplish? (3-5 years or beyond)

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**Short Term Goals:** What do you want to accomplish this season? (6-12 months)

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**Daily Practice Goals:** What do you need to do on a daily basis to take steps toward your goals?

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**Team Goals:** What do you bring to the team? What do you expect from the coaches?

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I am committed, willing and able to work towards accomplishing these goals.

Athlete signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

Coach signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_