

FALCON CROSS COUNTRY

• Season Goal Sheet •

NAME: _____ GRADE: _____ SEASON: _____

Goal setting is an important component to a successful athletic equation. The right goals will give you motivation and direction in your training. They should offer the athlete challenging, though realistic, performance targets. Whether you are a rookie or a veteran, your goals must be carefully planned. Sharing these goals with your teammates and coaches will allow others to understand and support you on the often difficult road to achievement.

GUIDELINES: Simply setting one enormous goal doesn't work. The goal must be based on the current ability level of the athlete, and there must be thought out steps to climb along the way. Therefore, you will be creating a succession of goals for the season:

1. Week 4 Goal; 2. Week 8 Goal; 3. Final Season Goal.

These goals must be specific performance goals! **Don't** say you want to "do your best", or "try your hardest", or "run faster". **Be specific.** Will you break 12 minutes on the Hidden Valley Park 2 mile course? Will you improve your 5k time by 30 seconds? These are specific performance goals.

For each of the three goals briefly explain the specific actions or behaviors you will demonstrate in order to achieve them. Remember, performance gains are directly related to increases in commitment & training. You must be able to articulate how you will go about achieving a goal. **Don't** say you will "train more". **Be specific.** Will you improve your back leg swing through certain drills? Will you increase your long run by one mile each week? Will you never miss a day of practice? Will you increase your mileage each week? These are specific actions.

Fill in this sheet completely. Be as specific as possible in your explanations!

1. Week #4 Goal: _____

What steps will you take to achieve this Goal?: _____

2. Week #8 Goal: _____

What steps will you take to achieve this Goal?: _____

3. Final Season Goal: _____

What steps will you take to achieve this Goal?: _____
