



Comprehensive Goal Setting Plan 2010

Student Name _____

Student-Athlete Section

Athletic

Special Forces Track and Field Goal Sheet #1

Directions: Think about and answer each of the following questions. Use complete sentences. The more thought and detail you add, the more likely you are to achieve your goals. I will be going over this goal sheet with you. 'PR' = Personal Best 'ET' = Expectation Time. I've listed each time twice so you can list the time you achieved & the time you expect. Then we will add the new times and ET as we move into the summer.

Name:

Primary Event Interest:

Sprint Group

100m PR:

100m ET:

100h PR:

100h ET:

200m PR:

200m ET:

400m PR:

400m ET:

400h PR:

400h ET:

Middle Distance Group

Primary Event:

800m PR:

800m ET:

800h PR:

800h ET:

1500m PR:

1500m ET:

1500m PR:

1500m ET:

3200h PR:

3200h ET:

3200m PR:

3200m ET:



**Specialist Group (Hurdles – Intermediate, High) LJ – Long Jump HJ – High Jump
TJ – Triple Jump, SHOT PUT**

Primary Event:

HH PR:

HH ET:

HH PR:

HH ET:

IH PR:

IH ET:

IH PR:

IH ET:

LJ PR:

LJ ET:

LJ PR:

LJ ET:

TJ PR:

TJ ET:

TJ PR:

TJ ET:

HJ PR:

HJ ET:

HJ PR:

HJ ET:

SHOT PUT PR:

SHOT PUT ET:

SHOT PUT PR:

SHOT PUT ET:

1. Describe 2 team expectations you will help the team achieve this season. (win a league title, go undefeated, beat our arch rival, win at least half our meets, etc.)

What, specifically, will you do to meet these expectations?

2. Describe 3 personal expectations you will achieve this season. (specific meet placements, run varsity, qualify for states, school record, etc.) What, specifically, will you do to meet these expectations?

3. Describe 3 practice expectations you will achieve this season (improve my start, workout with bands, run with the fastest group, deadlift 300 lbs, finish every workout, etc.) What, specifically, will you do to meet these expectations?

Special Forces Track and Field Goal Sheet # 2

Name:



Grade:
Primary Event:
PERSONAL/PRACTICE

There are a number of things we must do in order to achieve your expectations. Answer the following questions in complete sentences, with as much detail as possible.

1. **Strong Points (2)** What areas are you currently the strongest?
2. **Weak Points (2)** What areas are you currently the weakest?
3. **Mental (2)** What improvements can you make in the way you think about training and competing that will help you become a better athlete and teammate?
4. **Nutrition (2)** What improvements can you make in your diet that will give you more energy to practice and help you recover faster from workouts and races?
5. **Effort (2)** What improvements can you make in the way you approach each practice and meet that will help you accomplish your goals?

TEAM GOALS

1. Who do you consider to be the leaders of the team? What do they do that makes you want to follow their lead? What do you do to get others to follow you?
2. What types of things would you like to see from the people on the team that would help make the team stronger and closer? What are you doing to help make that happen?

Special Forces Track and Field Goal Sheet #3

Name:
Grade:
Primary Event:



Directions: Answer the following questions in complete sentences. Add as much detail as possible.

1. What have you done, specifically, so far this season to improve yourself from a mental standpoint? How has that helped you in practice and in meets?

2. What have you done, specifically, so far this season to improve your nutrition? How has that helped you in practice and in meets?

3. What have you done, specifically, so far this season to improve your overall effort and focus? How has that helped you in practice and in meets?

4. What have you done, specifically, so far this season to show leadership and set a positive example for your teammates and for less experienced athletes? How do you think that has improved the team?

5. What specific improvements have you made off the track that have helped and will continue to help your performance both in practice and in meets?

6. How do you feel about your performance in the meet this past weekend? Give two positive examples about your performance. Give two examples of



areas where you feel that you can improve upon your performance and effort.

Other Athletic Goal Sheet #1 Sport _____

Directions: Think about and answer each of the following questions. Use complete sentences. The more thought and detail you add, the more likely you are to achieve your goals. I will be going over this goal sheet with you. 'PR' = Personal Best 'ET' = Expectation Time. I've listed each time twice so you can list the time you achieved & the time you expect. Then we will add the new times and ET as we move into the summer.

1. Describe 2 team expectations you will help the team achieve this season. (win a league title, go undefeated, beat our arch rival, win at least half our meets, etc.) What, specifically, will you do to meet these expectations?
2. Describe 3 personal expectations you will achieve this season. (specific meet placements, run varsity, qualify for states, school record, etc.) What, specifically, will you do to meet these expectations?
3. Describe 3 practice expectations you will achieve this season (improve my start, workout with bands, run with the fastest group, deadlift 300 lbs, finish every workout, etc.) What, specifically, will you do to meet these expectations?

Other Sport Goal Sheet # 2

Name:

Grade:

Primary Event:

PERSONAL/PRACTICE

There are a number of things we must do in order to achieve your expectations. Answer the following questions in complete sentences, with as much detail as possible.

1. **Strong Points (2)** What areas are you currently the strongest?
2. **Weak Points (2)** What areas are you currently the weakest?
3. **Mental (2)** What improvements can you make in the way you think about training and competing that will help you become a better athlete and teammate?
4. **Nutrition (2)** What improvements can you make in your diet that will give you more energy to practice and help you recover faster from workouts and races?



5. **Effort (2)** What improvements can you make in the way you approach each practice and meet that will help you accomplish your goals?

TEAM GOALS

1. Who do you consider to be the leaders of the team? What do they do that makes you want to follow their lead? What do you do to get others to follow you?

2. What types of things would you like to see from the people on the team that would help make the team stronger and closer? What are you doing to help make that happen?

Other Sport Goal Sheet #3

Name:

Grade:

Primary Event:

Directions: Answer the following questions in complete sentences. Add as much detail as possible.

1. What have you done, specifically, so far this season to improve yourself from a mental standpoint? How has that helped you in practice and in meets?

2. What have you done, specifically, so far this season to improve your nutrition? How has that helped you in practice and in meets?



3. What have you done, specifically, so far this season to improve your overall effort and focus? How has that helped you in practice?

4. What have you done, specifically, so far this season to show leadership and set a positive example for your teammates and for less experienced athletes? How do you think that has improved the team?

5. What specific improvements have you made off the track that have helped and will continue to help your performance both in practice and in meets?

6. How do you feel about your performance in the meet this past weekend? Give two positive examples about your performance. Give two examples of areas where you feel that you can improve upon your performance and effort.



Academic Section

Special Forces Track and Field Goal Sheet #1

Directions: Think about and answer each of the following questions. Use complete sentences. The more thought and detail you add, the more likely you are to achieve your goals. I will be going over this goal sheet with you. 'EG' = Expectation Grades.

Name:

Grade for the Quarter:

Expected Grades for the Quarter:

GPA if in high school:

Expected Grades for the Year:

Actual Grades for the Year:

1. Describe 2 things you will do to achieve these grades this quarter. (get all As, Improve grade by One grade, Make Honor Roll, Achieve Perfect Attendance, Course Award, Get a Scholarship, SOL Test, SAT Test, etc.) What, specifically, will you do to meet these expectations?

2. Describe 3 study expectations you will achieve this school year (improve my study habits, watch less TV, get more sleep, finish every home assignment, etc.) What, specifically, will you do to meet these expectations?



Community/Business Section

Special Forces Track and Field Goal Sheet #1

Directions: Think about and answer each of the following questions. Use complete sentences. The more thought and detail you add, the more likely you are to achieve your goals. I will be going over this goal sheet with you. 'FIQ' = Financial IQ & 'CW' = Community Work.

Name:

1. Describe 2 things you will do to help the community this year and raise your CW. (Volunteer at Hospital, Help at Army Ten Miler, Start Fundraiser, Work on 5K, Help Younger Student-Athletes, Create a Scholarship, Help Senior Citizens, etc.) What, specifically, will you do to meet these expectations?

2. Describe 3 things you will do this school year to learn more about how to make Money or start a business or raise your FIQ (start a business, shadow a business leader, get a job, Read a book, Interview or email a business person, make a product, fundraise for Special Forces, etc.)?

Circle of Influence

No one makes it on their own in the world, no matter how much we think we do.



On the following page, please list for each area of your life the “Circle of Influence”, mentors you plan on helping you get to the goals you’ve set for yourself.

Athletic Mentors

- 1.
- 2.
- 3.
- 4.
- 5.

Academic Mentors

- 1.
- 2.
- 3.
- 4.
- 5.

Financial Mentors

- 1.
- 2.
- 3.
- 4.
- 5.

Community/Spiritual Mentors

- 1.
- 2.
- 3.
- 4.
- 5.